

“I Pranked My Bully Boss”
12 WOMEN on their BIGGEST CAREER RISKS

IMAGINARY
FRIENDS
P 79

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on stuffing

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Fashion from Left to Right: **Bellina** braided shawl collar vest with belt, No. 534-791; Cashmere/merino crew sweater, No. 535-096; Stretch boot cut jeans in mid-tone wash, No. 536-851; **Aimee Kestenberg Zurich** convertible shopper, No. 536-087; **Rapisardi/Ron White** Pam wedge, No. 534-612; **Bellina** $\frac{3}{4}$ sleeve boucle cardigan, No. 534-799; Stretch boot cut jeans in indigo wash, No. 536-850; **Geox** Inspiration shootie, No. 534-470; **Bellina** cashmere/merino turtleneck sweater, No. 534-788; Double breasted boiled wool plaid jacket, No. 535-311; **Fergalicious** Liza short ankle boot, No. 534-285; **Vince Camuto** Leila tote, No. 537-402

Jewellery from Left to Right: **Glamour** Floriana necklace, No. 540-531; **Roberto by RFM** Equestrian loop line bracelet, No. 454-389; Hoop earrings, No. 454-393; Twisted metal bracelet, No. 539-913; Chain choker necklace, No. 539-903; Equestrian loop ring, No. 454-385.

fashion



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Volume 89,
Issue #10

October

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ON THE COVER

Photograph by Erik Putz. Food styling by Michael Elliott. Prop styling by Rayna Schwartz. Napkins, lostinlinen.etsy.com. Hering Berlin dinner plates, charger, oval platter, Georg Jensen gold vase, Treeware tealight holder, LSA Gio tumblers, Costa Nova baker, pasta bowl, cereal bowls, dinner plates, hopsongrace.com. Gold-rimmed glasses, hm.com.

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BLACK LABEL COLLECTION

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Add a little spice to your meal with our **Ras El Hanout Roasted Whole Cauliflower** recipe. Spiced with our savoury PC® Black Label Ras El Hanout Spice Blend and roasted until tender, this Moroccan-inspired dish can be served with lemon roasted chicken or as a tasty main dish with couscous and wilted greens. Either way, your guests will be asking for the recipe.

Find all our fall recipes at pc.ca/blacklabel



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Meet Jenna, a 35-year-old woman living with bipolar disorder, and her imaginary friend, Jensen, who helps her cope with the pain.



We test every single recipe in the Chatelaine Kitchen at least three times (sometimes even more!) to make sure it's delicious and foolproof. We also make sure the recipes are easy to follow and shop for. Volunteer to be a home tester at testing@chatelaine.com.



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The dinner plan

Your guide to easy weeknight meals.



RAS EL HANOUT ROASTED WHOLE CAULIFLOWER

INGREDIENTS

1 tbsp (15 mL)	PC® Black Label Ras El Hanout Spice Blend
½ tsp (2 mL)	kosher salt
¼ cup (50 mL)	PC® New World EVOO Extra Virgin Olive Oil
1	medium head cauliflower, leaves trimmed and bottom cut flat
¼ cup (50 mL)	tahini
½ tsp (2 mL)	finely grated lemon rind
1 tbsp (15 mL)	fresh lemon juice
1	clove garlic, minced
¼ tsp (1 mL)	each kosher salt and freshly ground black pepper
½ cup (75 mL)	PC® 1% M.F. Plain Yogurt
2 tbsp (25 mL)	PC® Black Label Chermoula Bell Pepper Spread & Marinade
2 tbsp (25 mL)	chopped toasted pistachios
¼ cup (50 mL)	lightly packed cilantro leaves

INSTRUCTIONS

Preheat oven to 425°F (220°C).

Combine spice blend, ½ tsp (2 mL) salt and oil; set aside.

Cook whole cauliflower in large saucepan of boiling water just until tender but firm, about 3 to 4 minutes. Drain well; place cut side down in greased baking dish. Insert tip of sharp knife into top of cauliflower in five random places. Brush spice mixture all over and into crevices.

Roast in centre of oven for 20 to 25 minutes or until browned and tender. Meanwhile, whisk together tahini, ¼ cup (50 mL) boiling water, lemon rind, lemon juice, garlic, ¼ tsp (1 mL) salt & pepper; whisk in 2 to 3 tbsp (25 to 45 mL) extra water to thin sauce until thin enough to drizzle if necessary. Set aside.

Combine yogurt and chermoula spread. Drizzle spoonful each of chermoula sauce and tahini sauce over top of roasted cauliflower; sprinkle with pistachios and cilantro. Cut into wedges and serve with remaining sauces.



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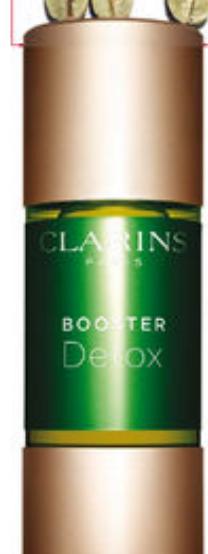
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Flying leap

Most business leaders are quick to identify risk taking as essential to success. So are most career counsellors, high school softball coaches and celebrities delivering commencement speeches. "You can't win unless you try" never gets old. But what *qualifies* as risky changes with age and the people, circumstances and culture around us. Last year's long shot is often this year's safe bet. What looked like thwarted victory back then can feel like a dodged bullet today.

Combing through the *Chatelaine* archives, I've found you can tell a lot about an era by the things that seemed risky to people at the time. Take the late '70s. In 1978, Susan Carson wrote a feature for this magazine called "Catching Up at 30" about the growing number of Canadian women launching careers after kids. For them, entering the job market meant a brave new world of "childcare hassles, a double workload and sometimes a husband who couldn't adjust." Four decades later, women are such an entrenched part of the workforce that the risk has tilted back the other way: Now the potential loss of income and momentum that comes with stepping off the corporate ladder often seems like the much scarier leap. (And also the more enticing one. We know this from the overwhelming response we got to Danielle Groen's article on the subject, "The Mid-Career Drift," in our August 2016 issue.) In 1977, Michele Landsberg wrote about "late motherhood" and how some of Canada's most successful women, including Margaret Atwood, were taking time out at the peak of their careers to have a first baby in their 30s. This was newsworthy at a time when the average new mother was 24 years old. Today, the career-first model is the norm and most of us are well into our 30s before having kids. The far greater risk for many is waiting too long, a fear that has generated a thriving egg-freezing industry.

This month, we asked women to tell us about some of their biggest career risks (page 86)—from declining a dream job to coming out at work to calling out sexism in the office. (See page 90 for a brilliant story about how one woman managed to get her male colleagues to remove their nudie photos from the office walls in the late '80s.) For some women, the leap of faith paid off. For others, the results were mixed. But not one of them expressed regret.

Lianne George

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MISCELLANEOUS THINGS WE LEARNED THIS MONTH



Six ways to crimp empanadas.
P 118



There's a beauty mask for every skin problem.
P 32



The meaning of "tulpanancy."
P 79



Thanksgiving decor need not always include gourds.
P 54

CLARIFICATION
In July ("Say it: Don't Spray It"), a sentence attributed to Dr Andrea Tone should have read: In the late 1800s, many women owned reusable rubber douches, which they filled with substances they hoped would prevent pregnancy.

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What to read, watch, do and love this month



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FIRST THING

Catch a wave

Surfing and October: not an intuitive pairing in Canada. But every fall, surfers convene on the chilly shores of Tofino, B.C., for Queen of the Peak, an all-female surf championship and breast cancer fundraiser for Keep a Breast. With divisions for longboard, shortboard and girls under 16, plus a massage tent for competitors, it's a lot like *Blue Crush*—only with fewer palm trees, more pines.

Queen of the Peak, September 30–October 2. Tune in live at queenofthepack.com.



Age 41
Hometown Toronto
Occupation Rower for Canada's Paralympic LTA4+ (mixed coxed four) rowing team; special education teacher
Loves Coffee, hoodies and her dog's ears

MS. CHATELAINE

Victoria Nolan

Nothing can stop this Paralympic rower—not even blindness

By DOMINIQUE LAMBERTON

When Victoria Nolan was a kid, she thought her eyesight was fine until one day, when she was performing in a play, she realized her classmates could comfortably find their way through a dark gymnasium while she had to hold onto another student's shoulder to guide her. At age 18, she was diagnosed with retinitis pigmentosa, a degenerative eye disease that caused the rods and cones in her retinas to deteriorate. Loss of night vision—in her case, the ability to see in dark rooms—is one of the first signs of the disease.

She got a cane and connected with the Canadian National Institute for the Blind for support. It was tough, she says, but

manageable. Years later, she and her husband had children—first a son, Tarabh, then a daughter, Ceili—and the pregnancies accelerated the disease. Her sight diminished from 10 percent to 3 percent. “I couldn’t take my kids to the park or to play groups,” she says. “Even in the house, I was agitated because I couldn’t keep them both in my sight.” Frustrated, depressed and looking for a way to prove herself, especially for her kids’ sake, she took up rowing.

Nolan has since competed in two Paralympic Games (Beijing 2008 and London 2012) and five world championships (securing gold and setting a world record with her team at the 2010 world championships in New Zealand) and published a 2014 memoir, *Beyond Vision: The Story of a Blind Rower*. Now she’s heading to Rio with Canada’s para-rowing team. “To be in such a big crowd of people who are all passionate about their sports but also overcoming disabilities—there are no words to describe it,” says Nolan.

She spent the past winter in Victoria, B.C., and summer in London, Ont., training with her three teammates and their coxswain (the person in charge of navigation and steering). She relies on audible cues (like the sound of the oars hitting the water) to navigate from her position at the bow. “It’s like dancing,” she says. “You want to keep the timing and the rhythm with everyone else, and you can anticipate it because there is a continuous beat.” Her biggest motivators are her children, now 13 and 11, and her husband, who will cheer her on in Rio. “I never wanted my kids to be ashamed or embarrassed that I am blind,” she says. “And it’s always the first thing they tell people: ‘My mom’s blind and she rows for Canada.’” 

A large, high-contrast photograph of actress Jennifer Aniston. She is smiling warmly at the camera, her blonde hair flowing. She is wearing a dark blue, ribbed, short-sleeved top. Her left hand is raised to her hair, with her fingers partially hidden in it. She is wearing a large, prominent diamond ring on her ring finger. The background is a soft, out-of-focus interior scene with a white tufted sofa and a string of small, round, golden beads hanging in the upper right corner.

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THE CHECKLIST

Five things on our radar this month



COMEBACK CORNER

Name

Regina Spektor

You know her as the quirky singer-songwriter behind the smash 2006 single "Fidelity."

You've confused her with fellow pianist Tori Amos. Or maybe avant-garde rocker St. Vincent.

You barely thought about her till she performed at the White House for Jewish American Heritage Month in 2010.

And then again when you couldn't stop humming her theme song, "You've Got Time," after an *Orange Is the New Black* marathon.

Now she's back with a new album: *Remember Us to Life* (out Sept. 30).



TV

Rocky Horror reboot

In the 40-plus years since its onscreen premiere, *The Rocky Horror Picture Show* has morphed from a camp oddity to a cultural phenomenon, inspiring devotees to don costumes, grab props and fill theatres, where they sing along with the *outré* characters onscreen.

This month's revamp gives fans even more to celebrate: Revered trans actor Laverne Cox (*Orange Is the New Black*) stars as Dr. Frank-N-Furter, the self-proclaimed "sweet transvestite from Transexual, Transylvania."

Rocky Horror Picture Show premieres Oct. 20 on Fox.

TV

An ex you want to hang with

Like its star and co-creator, the formidably talented Rachel Bloom, *Crazy Ex-Girlfriend* is delightfully weird and bursts into song at unexpected times. This wacky hybrid of musical theatre, romantic comedy and twisted drama debuted last year and quickly became a cult hit. Second season premieres Oct. 22 on the CW.

ART

Greatest hits tour

"Mystical Landscapes," a travelling exhibition of sublime 19th- and 20th-century masterpieces, offers a once-in-a-lifetime chance to see iconic images, such as Monet's *Water Lilies*, that have festooned millions of mugs and postcards.

Art Gallery of Ontario, Oct. 22-Jan. 29.

FILM

Girls gone wild

Based on the British bestseller, *The Girl on the Train* (in theatres Oct. 7) is the latest film to put its not-entirely-stable female protagonist in its title. Here, we assess the sanity of a few titular girls.

FREAKING OUT



Gone Girl (2014)



The Girl on the Train (2016)



Girl, Interrupted (1999)



The Girl with the Dragon Tattoo (2011)



The Girl Next Door (2004)



Tank Girl (1995)

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THE BIG READ

Fast times

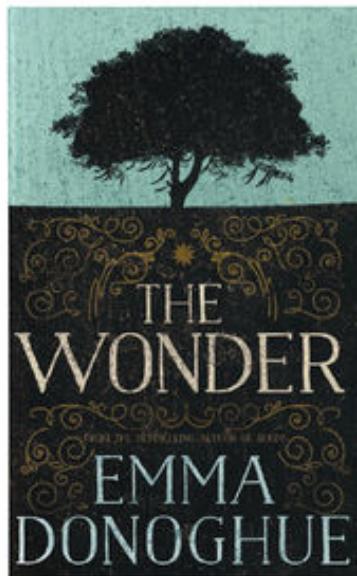
Room author Emma Donoghue is back with *The Wonder*, a Gothic thriller about a girl who survives on nothing but holy devotion after the Irish potato famine

By RACHEL GIESE

reland in the 1850s was hollowed out and grieving, nearly a quarter of its population vanished in less than a decade. One million souls lost to the Great Hunger, the mass famine caused by a potato blight, and another million gone abroad for refuge and a new life. It's among this devastation that Emma Donoghue sets her new novel, *The Wonder*, a suspenseful, chilling account of a purported miracle.

Pilgrims have descended upon a rural and religious Irish village to marvel at 11-year-old Anna O'Donnell, who has survived for months without eating any food, sustained, she says, by manna supplied by God. Elizabeth Wright, or Lib, as she's called, a steely widow and nurse who trained with Florence Nightingale, has been sent from London to watch over the girl to help determine whether she is faking her condition. Skeptical of Catholicism and disdainful of the Irish, Lib sets about her task with a scientific remove, only to find herself confounded by the case and genuinely attached to her patient. "She doesn't eat, yet she's alive. More alive than anyone I know," Lib tells a reporter. Soon she suspects that Anna's family is manipulating the child into martyrdom.

Donoghue, an award-winning Irish-Canadian author, is best known for 2010's *Room*, which she adapted last year into an Oscar-nominated film. In that novel, a horrific confined space is transformed into an expansive universe by the com-



Beautifully moody with the taut pace of a thriller, The Wonder grapples with the potency of love, both human and divine.

blended power of a mother's devotion and her child's imagination. With her latest, Donoghue examines that force in reverse. A family's faith, fear and shame reduce a lively, bright, trusting girl into a sickbed spectre, allowing her to shrink into nothing before their eyes.

In spooky, Gothic detail, Donoghue paints a picture of a community haunted by its misfortunes, having witnessed so many relations wither from hunger or fall dead from exhaustion into the bog during a cruel, British-imposed public works project. Anna's family, who lost her brother a year prior, are devout and superstitious. They place cups of milk under furniture to placate fairies and rub rags on wounds and then tie them to trees to cure illnesses. Everyone in the village is desperate to be blessed.

Anna's self-imposed starvation is based on real accounts of some 50 "fasting girls" in Britain, Europe and North America between the 16th and 20th centuries, who experienced what seems to have been religiously motivated anorexia. Donoghue brilliantly casts the phenomenon against the era's social and political prejudices to amplify the stakes of her fictionalized story. The church and the local gentry run every aspect of the village, cowing Anna's family into obedience. Lib, despite her superior intelligence, cannot convince Anna's dangerously inept male doctor to intervene. Nor can she, as a single woman and an outsider, rescue the child on her own.

Beautifully moody with the taut pace of a thriller, *The Wonder* grapples with the potency of love, both human and divine. Can you save your own soul by saving someone else? ☀

The Wonder, Emma Donoghue, \$33.

New on the shelves



- Two dead girls in a deep-freeze haunt in *The Conjoined*, \$19, by Jen Sookfong Lee.
- Margaret Atwood reimagines *The Tempest* in *Hag-Seed*, \$30.

- Conflict between white supremacist parents and an African-American nurse endangers a newborn in Jodi Picoult's latest novel, *Small Great Things*, \$32.
- A humble Toronto woman collects famous friends, including Bob Dylan and Taylor Swift, in Marni Jackson's *Don't I Know You?*, \$33.

- Bad moms populate B.C. writer Leesa Dean's debut short story collection, *Waiting for the Cyclone*, \$20.

- Margot Lee Shetterly's *Hidden Figures*, \$28, tells the true story of the black female mathematicians who worked at NASA in the Jim Crow era.



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AND CONTOUR CHEEKS

SOFTEN

SMILE LINES

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A NOVEL TAKE ON

Mexico City



When novelist Laia Jufresa moved to Mexico City after growing up in Paris, she found herself paralyzed by the traffic and unable to cross the street. "I learned you just have to throw yourself boldly at the slightest opportunity—a fine life lesson," she says. It's a city larger than fiction, Jufresa adds, which makes it liberating for a writer: You can imagine any kind of story there. In her debut, *Umami*, five residents of an apartment complex manage grief, uncertainty and the ache to go on. —Danielle Groen



Museo Soumaya

The inspiration
Umami, Laia Jufresa, \$32



Condesa DF



Contramar

Stay

The neighbourhood of Condesa is a leafy refuge in the middle of the chaotic capital, home to galleries, boutiques and candlelit bars. Artists converge on Condesa DF's rooftop terrace for the terrific margaritas, but the hotel's bright, airy rooms offer their own oasis. *Rooms from \$264, condesadf.com.*

Eat

Jufresa starts her day at **Café Tacuba**, a century-old institution renowned for its tamales and chilaquiles. "Mexicans have known the pleasure of intricate breakfasts long before the word *brunch* existed," she says. **Contramar** has unfailingly fresh fish and stellar tuna tostadas that have inspired much hype and even more imitators; they're worth every last Instagram photo. *cafedetacuba.com.mx; contramar.com.mx.*

Do

To get to **Museo Soumaya**, you'll need to take Mexico City's sardine-crammed subway, but the museum's curving building made of 16,000 aluminum panels is worth the trek. (It's also packed with Rodin sculptures.) On the edge of Chapultepec Park, the **Museum of Anthropology** has a formidable collection of ancient art and artifacts. Jufresa's grandfather Iker Larrauri designed the Aztec room but, she says, "Family ties aside, you simply shouldn't miss its many treasures." *museosoumaya.com.mx; mna.inah.gob.mx.*



EAGLE PERCHED ON CACTUS, EATING SNAKE
The trinity of positive omens that led to the 1325 settlement of what's now Mexico City.



How to survive a trip on Mexico City's slammed subway

Humlan headphones, \$65, urbanears.com.Hespeler elbow pads, \$22, canadiantire.ca.Pandawell mobile phone fan, \$7, amazon.ca.



PARADISUS

BY MELIÁ

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skin brightening
daily scrub

with moisture rich soy extracts

for skin that looks brighter,
softer and more even-toned



Aveeno[®]
ACTIVE NATURALS[®]

positively
radiant[®]

daily
moisturizer

SPF 15

style



One and done

The idea of applying only one beauty product (albeit a bold one) seems like heresy in these contour-obsessed times. But a barely-there approach to the rest of your makeup is exactly the strategy you need to pull off a statement lip colour. Consider this the ultimate less-is-more trend.

FROM TOP ▶ *Urban Decay Vice Lipstick in Disturbed, \$21; Caryl Baker Lipstick in Storybook, \$19; Mac Cosmetics Liptensity in Ambrosial, \$30; Nars Audacious Lipstick in Kate, \$39; Shiseido Rouge Rouge in Real Ruby, \$35; Make Up For Ever Artist Rouge in C-405, \$27; Chanel Rouge Allure Velvet in Rouge Feu, \$43; Charlotte Tilbury Hot Lips in Carina's Love, \$38.*

TREND ALERT

Magic erasers

These new face masks are chilled-out replenishers with skin-soothing benefits

1. This deep cleaner will help minimize pores and, best of all, stave off the dreaded oily sheen. *L'Oréal Pure-Clay Purify & Mattify Mask*, \$20.

2. Keep this on hand when you need to fake a nine-hour-sleep glow. *The Body Shop British Rose Fresh Plumping Mask*, \$28.

3. For a day when nothing's going your way (flat tire, spilled coffee), slather this on and watch the tension lines disappear. *Clarins Extra-Firming Mask*, \$65.

4. It looks like marmalade (minus the chewy orange peel), but it leaves behind baby-soft skin that glows. *Fresh Vitamin Nectar Vibrancy-Boosting Face Mask*, \$72.

5. This mask is like a supersized glass of water for thirsty (dry and tight) skin. *Vichy Quenching Mineral Mask*, \$34.

6. When your skin needs a major detox, call on this probiotic-powered clay mask. *Tata Harper Purifying Mask*, \$87.

Include your neck and décolleté for an all-over glow.

Make sure your face is clean. (Bonus points if it's exfoliated.)



When two become one

L'Occitane's star anti-aging plant ingredient, immortelle, has a new superhero companion: *Jania rubens*, a red alga that grows off the coast of Corsica. Together, these two ingredients create a hyper-charged product for your face that smooths and plumps skin and maintains contours. But like most all-in-ones, it has a price tag to match.

L'Occitane Divine Harmony Serum, \$225.

New in town

The latest openings and launches across Canada



Uniqlo

The Japanese fashion mecca, home to elevated basics and innovative fabric technologies, opens at CF Toronto Eaton Centre on Sept. 30 and Yorkdale Shopping Centre in Toronto on Oct. 20. *Vest*, \$50, uniqlo.com/ca.



Frank + Oak

The Montreal-based men's brand expands to womenswear with a full range of updated basics. Think ultra-clean silhouettes in muted tones, with the majority of pieces under \$180. *Bomber*, \$165, frankandoak.com.



Medium Watches

Customizable timepieces with a modern design are the specialty of this Calgary company. Choose the face, strap and even an engraved backing, or pick one of its sleek pre-designed options. From \$180, mediumwatches.com.

OLAY
EYES

EYES SHOULD
SHOW AWE.
NOT YOUR AGE.



NEW Olay Eyes

A collection to fight the look of every eye concern:
Brighten, Depuff, Lift, Smooth, or Ultimately, all of it.

#AGELESS

Grape expectations

A French family transformed the by-product of their winemaking business into one of the top skincare lines in Europe—and now North America

By VANESSA TAYLOR

AN ANTI-AGING SKINCARE LINE that's derived from red wine? That was the brainwave of savvy Frenchwoman Mathilde Thomas, whose family owns an organic vineyard in Bordeaux. Twenty years ago, Thomas was hosting a group of scientists who were attending a conference on the property, and she was struck by a comment from Joseph Vercauteren, the director of the pharmacognosy lab at the University of Montpellier. "He loved the wine," says Thomas, "but said it was a shame I was throwing out the most interesting part of the fruit." Vercauteren was referring to the grape seeds—and specifically polyphenol, the powerful antioxidant that helps ward off free radical damage of the skin, found within.

After two years of development with Vercauteren, Thomas and her husband, Bertrand, founded Caudalie, a skincare line built around stabilized grape polyphenols and made with 80 to 100 percent natural ingredients. "First and foremost, I wanted my products to be problem solvers and for them to be the most effective in the world," says Thomas. "But I didn't want all those nasties—parabens, phthalates, sulphates, mineral oils or animal ingredients."

Today, Caudalie is carried in virtually all pharmacies across Europe (the Vinoperfect Serum is a bestseller). The brand launched at Jean Coutu drugstores in Quebec 10 years ago, then expanded into the rest of Canada with the opening of Sephora (it's currently



Les Sources de Caudalie hotel and spa in Bordeaux, France

the fourth-bestselling skincare brand at the beauty emporium). Caudalie's first full-service spa opened at Sherway Gardens in Toronto late last year.

As the brand grew, Caudalie continued to work with Vercauteren (now the scientific advisor for Caudalie's research centre) to secure three worldwide patents on its skincare products. Thomas' latest partnership is with Dr. David Sinclair, a professor of genetics at Harvard Medical School. Sinclair's research is focused on delaying and reversing disease and the age-defying (even reversing) effects of resveratrol, another powerful compound found in grapes. His wife, Sandra Luikenhuis, is an avid user of Caudalie products and introduced him to the line and the possibility of collaborating. Since then, Harvard Medical School and Caudalie have jointly patented two star ingredients: vine resveratrol (which helps protect collagen and maintain firmness) and micro-hyaluronic acid (which plumps skin and reduces lines), both of which are found in the line's latest anti-aging creams. The results are so impressive that the brand has called this line its "natural and effective face-lift." Not bad for a little red grape. ☺

ANTI-AGING

Beauty off the vine



Resveratrol Lift Face Lifting Soft Cream, \$84.



BESTSELLER
This addictive mist can be applied in the morning to reduce redness and soothe skin, or at midday to refresh makeup.
Beauty Elixir, \$22.



Resveratrol Lift Face Lifting Moisturizer, \$74.



Resveratrol Lift Firming Serum, \$89.



"I avoid mineral oil, but it's in everything. I hate it for two reasons: First, it's derived from petrochemicals, and second, it clogs the pores and can make you break out. I use plant oils instead."

—Mathilde Thomas, co-founder of Caudalie

STRESS TEST #7226

Go undercover in an unstable country.

Break a major story.

Start a movement for social change.

Have people say it went viral

because you're pretty.

Prove them wrong.

Do it again.

STRESS
TESTED
FOR
WOMEN





Rain, snow and wind are guaranteed this season, but frazzled tresses don't need to be. Here are five ideas (from super easy to a little more advanced) to get you ready and out the door in a flash

Bad weather; great hair

Photography by MARIE H RAINVILLE
Styled by VANESSA TAYLOR
Hair & makeup by VANESSA JARMAN

[ADVANCED]
**THE HALF-UP
FRENCH BRAID**

For tucking under
your toque during
the commute

Section into two pieces
along the part line and
French braid each section,
securing with small elastics
at the ends. Lay the right
braid to the left side at
the back of the head and
secure in place with a few
bobby pins. Repeat on the
opposite side, concealing
the elastic under the braid.
Let the remaining hair fly
free — waves, curls and
even some frizz will look
perfectly undone. Coat,
\$150, winners.ca. Top, \$125,
judithandcharles.com.



[EASY]

THE NO-MIRROR TWIST

For a pre-dinner updo (that can be done in the back of an Uber)

Pull hair back into a low, loose ponytail and tie with an elastic. Just above your elastic, divide the hair in two and tuck hair through the hole to form a twist. Leave the end of the ponytail loose. Coat, \$259, jcrew.com. Top, \$78, canada.frenchconnection.com.

[EASY]

THE TOPKNOT

For a speedy updo
after spin class

Rake hair with your fingers into a high ponytail (don't worry about bumps or fly-aways) and secure with an elastic. Twist hair and coil around the elastic to form a bun. Secure in place with a few bobby pins. Bonus: When you unravel the bun at the end of the day, your hair will have a beautiful loose wave. Top, \$99, johnandjenncollection.com. Dress, \$60, winners.ca.





[PRO]

THE DUTCH BRAID

For a blow-dryer-free morning

Beginning at the crown of your head, draw sections into a Dutch braid (each piece folds under, rather than over like a French braid). Secure with an elastic, roll the end up to the nape of the neck, and fix in place with a few bobby pins. To create a loose, wide braid, shake in volumizing powder (we used Göt2b Powder'ful Volumizing Styling Powder, \$8) along the braid and gently tug the loops to expand. Coat, \$7.99, linethelabel.com. Dress, \$276, tedbaker.com/ca.



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[EASY]

THE SUPER-SIMPLE SIDE PART

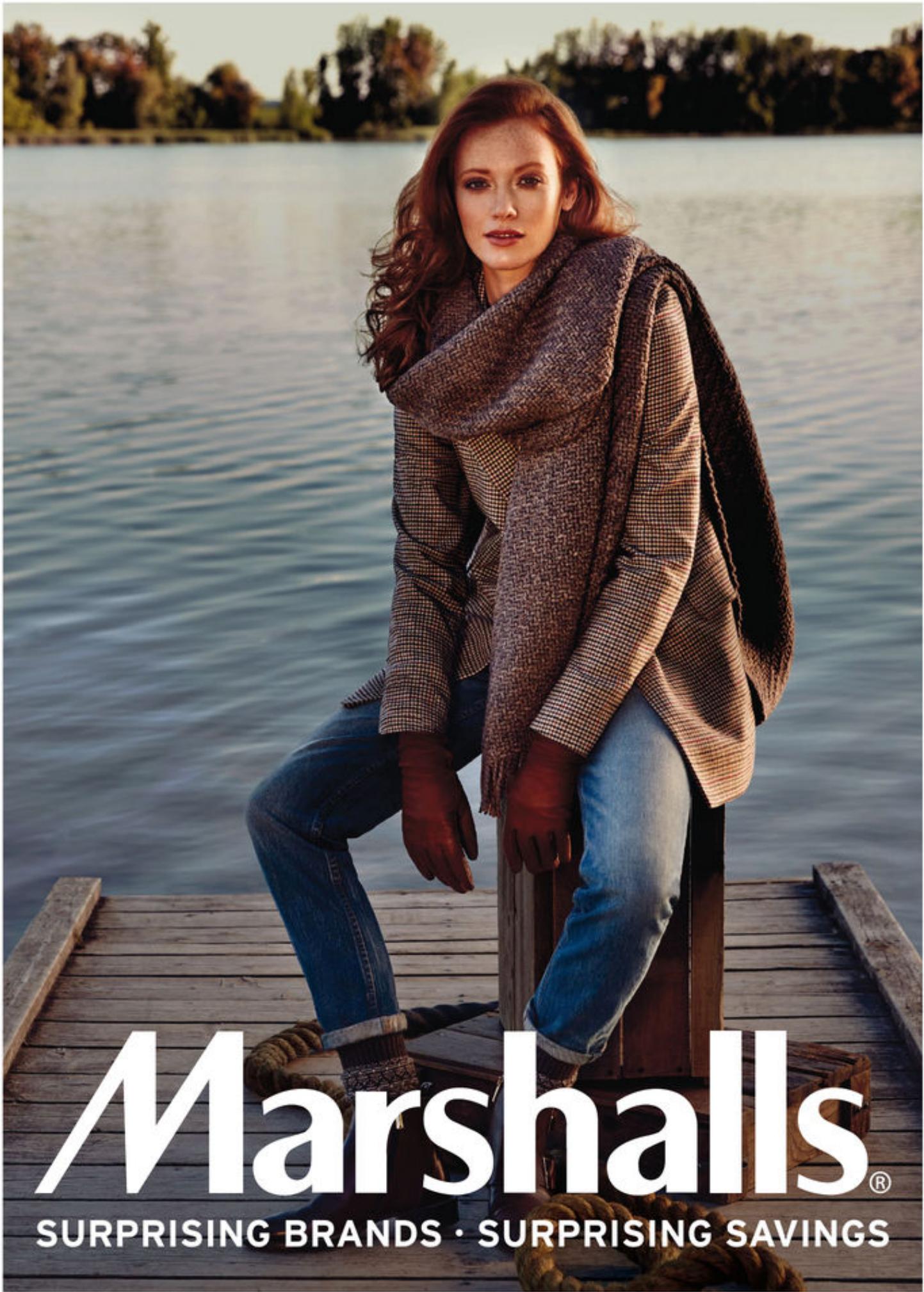
For when you've overslept before a big meeting

Zero patience and even less interest in dealing with your hair? Product is your friend. Part hair and lightly dampen with water, gently comb through a dollop of mousse to tame frizz, and pull hair back into a low ponytail or bun. **Scarf, \$110, marc-cain.com.** **Sweater, \$95, bananarepublic.ca.**



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HOW TO

Work it

Strict dress codes at the office are practically extinct, but that doesn't make the what-to-wear conundrum any easier. You need a wardrobe strategy that makes you feel confident and comfortable and keeps your mornings fuss-free. Here are three time-saving approaches

By ERINN STEWART | Photographs by ERIK PUTZ

FOR THE UTILITARIAN DRESSER

Uniform

A rigid palette of black and white to ensure everything matches

The Steve Jobs approach of wearing the same thing every day might seem mundane. But it requires so little effort, and classic silhouettes in a monochromatic palette guarantee a polished and professional look.

CLOCKWISE FROM TOP LEFT

Pants, \$90, rw-co.com. Jacket, \$295, michaelkors.ca. Blouse, \$95, bananarepublic.ca. Skirt, \$316, tedbaker.com. Blouse, \$245, judithandcharles.com. Shoes, \$251, jcrew.com. Top, \$99, johnandjenncollection.com. Bag, \$398, michaelkors.ca.

A softly structured skirt in an ultra-comfy stretch knit is an easy, all-season staple.

Playing with texture and tone adds variety to your outfit.

FOR THE MINIMALIST
WITH LIMITED
CLOSET SPACE

Capsule

***A tightly edited
wardrobe
consisting of
eight to 12 pieces***

Hugely popular on Pinterest, this approach is built on timeless staples — think tailored suits and crisp button-downs — paired with statement separates that are worn interchangeably for endless outfit combos. A predominantly black and white palette with hits of print and colour allows for effortless coordination.

CLOCKWISE FROM TOP LEFT
Top, \$95, aritzia.com. **Skirt**, \$119, annntaylor.com. **Dress**, \$34, joefresh.com. **Pants**, \$299, tigerofsweden.com. **Blazer**, \$195, tristanstyle.com. **Blouse**, \$34, joefresh.com. **Shoes**, \$65, aldashoes.com. **Rebecca Minkoff bag**, \$395, holterfrenfrew.com. **Top**, \$95, bananarepublic.ca.



*A neutral print
in a stripe, floral
or polka dot
adds dimension.*



"I take **BioSil**™ every day, and I am amazed at the difference I see in my skin, hair and nails!"

- Christie Brinkley at age 61

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Add hits of suede and leather through simple silhouettes.



FOR THE STRATEGIC TREND HUNTER

Revamp

A semi-annual wardrobe top-up that allows for new shapes and stylish prints

Mixing the latest trends in workwear-appropriate silhouettes (like long hemlines and wide-leg trousers) will refresh staples that feel tired. Swapping in key pieces of the season, like a printed cross-body bag and embellished loafers, is a foolproof way to dress like a vogue-savvy professional.

CLOCKWISE FROM TOP LEFT
Blazer, \$179, annntaylor.com.
Blouse, \$30, uniglo.com.
Dress, \$60, winners.ca.
Top, \$450, cosstores.com.
Skirt, \$369, tedbaker.com.
Pants, \$199, clubmonaco.com.
Shoes, \$130, marshalls.ca.
Bag, \$358, jcrew.com.



A cropped wide-leg pant is the solution to slushy sidewalks.

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Liquid Iron and Vitamin
Formula helps reduce
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Iron-deficiency symptom checklist

Do you suffer from any of the following?

- Are you continually tired and lack appetite?
- Pale skin & dark circles under eyes?
- Often have difficulty concentrating?
- Feel chilly or catch colds easily?
- Have brittle hair or fingernails that chip easily?

The more questions you answered "yes" to, the higher your risk of being iron deficient. Iron deficiency often goes undetected, so you may want to ask your doctor for a serum ferritin test.

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Floradix® Formula is an easily absorbed, plant-based liquid iron and vitamin formula that is easy on the digestive tract and free of artificial colours and flavours. Floradix® Formula has been helping women reduce exhaustion & fatigue caused by iron deficiency for over 60 years.

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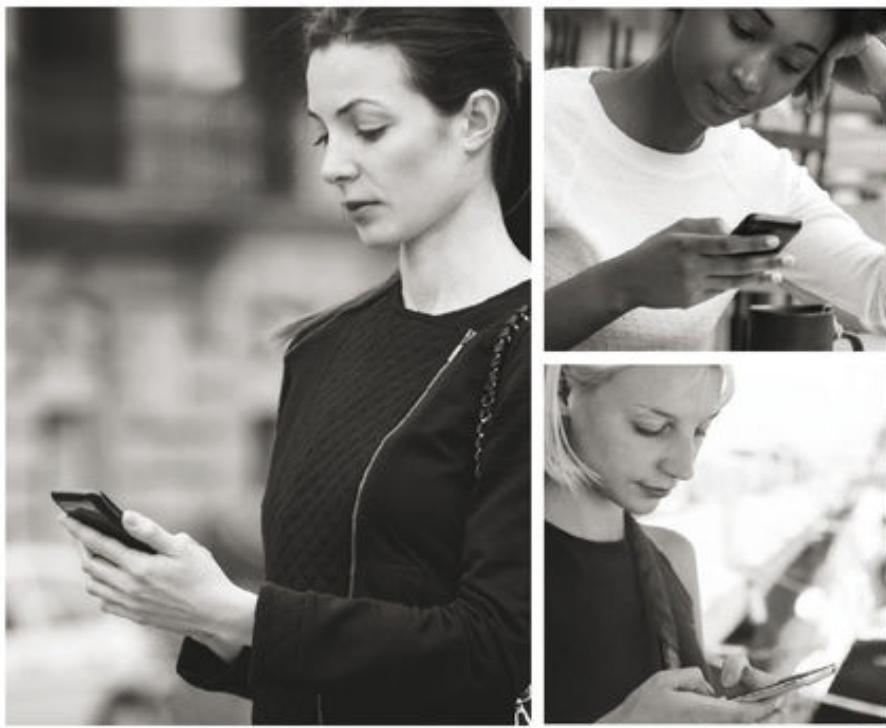
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FIGHT TECH NECK

YOUR TECHNOLOGY IS
WORKING AGAINST YOU



THE IMPACT OF TECHNOLOGY

More delicate than the skin on your face, the neck is one of the first places to show age. And tech may be making matters worse. Without realizing it, we're repeatedly looking down at our phones and keyboards. In fact, the average person looks down at their phone 221 times a day. As with squint lines around the eyes, these repeated motions can become permanent, leading to horizontal neck lines and sagging skin called *Tech Neck*.

TIGHTEN ON THE GO

StriVectin's **Tightening Neck**

Serum Roller is a lightweight serum for the neck that glides on smoothly and absorbs immediately. Apply throughout the day to instantly smooth and firm skin anytime, anywhere.

**The #1 selling
neck cream***



3 WAYS TO FIGHT TECH NECK

1 KEEP YOUR CHIN UP

You can fight *Tech Neck* by looking down at your devices less often. When glancing at your phone, hold it up to your face rather than looking down at the screen.

2 DETOX FROM YOUR DEVICES

Establish a daily "no phone zone". Setting aside more tech-free time each day will give your neck a break. And, it's a great way to interact with the world around you.

3 SCIENCE HOLDS THE SOLUTION

StriVectin's collection of neck experts is powered by NIA-114™ technology to smooth existing wrinkles, defend against sagging, and fight *Tech Neck*. Start with **TL Advanced™**, the #1 selling neck cream – now available in original or a new lightweight texture. The choice is yours – with the same proven results.

#FightTechNeck | StriVectin.com

*Source: The NPD Group, Inc. / U.S. Prestige Beauty Total Department Specialty Skincare Dollar Sales, Jul 2014 – Jun 2016

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Powered by patented NIA-114™
technology and proven to visibly
tighten, lift, and smooth lines.

NEW
LIGHTWEIGHT
TEXTURE

More delicate than the skin on your face, the neck is one of the first places to show your age. Today, there's a new challenge: Tech Neck – the effect of repeatedly looking down at your phone.

#FightTechNeck with StriVectin, the creator of the
#1 SELLING NECK CREAM.

f o g StriVectin

SHOPPER'S DRUGMART MURALE HUDSON'S BAY STRIVECTIN.COM

*Source: The NPD Group, Inc. / U.S. Prestige Beauty Total Department Specialty Skincare Dollar Sales, Jul 2014 – Jun 2016





ciot

1950

EVERLASTING TRENDS

MARBLE STONE GRANITE ONYX CERAMIC QUARTZ MOSAIC
montreal toronto vaughan mississauga quebec brossard detroit ciot.com





"Create a grid pattern with transparent tape over wide-mouth vases to keep your blooms in place."

—Emma Reddington, Home Director

home

Branch out

Give the pumpkins and autumn leaves a break this year and try something fresh and green for your Thanksgiving table. Varieties of eucalyptus and dusty miller are the focus of this arrangement, with support from fresh artichokes and wild, textural branches.

Runner, \$48, napkins, \$16 each, pehrdesigns.com. Black plates, \$14 each, wood bowl, \$50, indigo.ca.



Four ways with white plates

Ever-versatile white can be dressed up any way you like



1. Tailored neutrals



2. Art deco elegance



3. Autumnal mixed metals



4. Earthy indigo

White plates (throughout), starting at \$16 each. thebay.com. **1. Placemat**, \$17. **napkin**, \$65/set of 4. **flatware**, \$90/set of 5. crateandbarrel.com. **Candle holder**, \$8. hm.com. **2. Table runner**, \$13. **gold tray**, \$15. **black and gold plate**, \$8. hm.com. **Flatware**, \$55/set of 5. westelm.com. **Napkin ring**, \$115/set of 4. **salt and pepper shakers**, \$40. thebay.com. **3. Placemat**, \$18. **gold bowl**, \$11. cb2.com. **Napkin**, \$50/set of 4. thebay.com. **Napkin ring**, \$6. crateandbarrel.com. **4. Placemat**, \$15. **blue plate**, \$55/set of 4. **napkin**, \$13. **small wood plate**, \$8. crateandbarrel.com. **Large wood plate**, \$35. hm.com.

NEW AND HOMEWORTHY

Object of desire

John Derian has made a career of turning 18th- and 19th-century one-of-a-kind illustrations and prints into the simplest of objects—a place card, a bowl, a dish—through the art of *découpage*. His best-loved images have been collected into an oversized art book full of inspiration. **Book**, \$100. indigo.ca. **Place card**, US\$7/pack of 6. **plate**, US\$265. johnderian.com.



► Friendsgiving

The celebration of Thanksgiving dinner with friends, sometimes made with the official family dinner leftovers.

QUICK FIX

The five-minute centrepiece

Reach for these easy arrangements when the doorbell is ringing



Just add nuts

A simple hurricane lantern gets a festive touch with a handful of acorns. **Lantern**, \$150. williams-sonoma.com.



Look in the fridge

That squash, pint of kumquats and lone pear look pretty good all stacked together in a pedestal bowl. **Bowl**, \$90. potterybarn.com.



Stack two bowls

Turn one of your everyday bowls upside down and place another on top. Fill halfway with water and add a single bloom. **Bowls**, \$12 each. westelm.com.

mixed materials

textured details

stylish storage

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X

*Cookbook
author and
café owner*

**DEVIN
CONNELL**

*applies
the same
rigorous eye
to her newly
remodelled
home as she
does to her
culinary
pursuits*

Tastemaker

BY KATHLEEN DORE
PHOTOGRAPHY BY SIAN RICHARDS



MIX FORMAL AND CASUAL PIECES TO KEEP THINGS COMFORTABLE

"I really wanted an adult sofa, something a little more formal," says Connell of her tightly upholstered tufted blue couch. Simple white canvas drapes and a fuzzy lambswool-covered side chair loosen things up.

Chair, mgbwhome.com. Paint throughout, Cloud White, benjaminmoore.com.



This marble slab coffee table belonged to Connell's dad and once graced his '70s-era bachelor pad.



DEVIN CONNELL'S SCHEDULE SOUNDS INSANELY BUSY. She has two boys under five, owns two cafés, develops recipes, writes cookbooks and food and travel stories, and runs a food and beverage trend forecasting business. Yet, somehow, Connell and her husband, Darcy Morris, find time to host friends and family at their newly renovated 1930s Toronto home. "We'll often have 10 guests for dinner," she says. "For me, entertaining and cooking for friends—that's downtime. It's such a big part of my life that I make time for it."

No surprise, then, that she meticulously planned every detail of her new kitchen. "There's a garbage chute in the island, and I agonized over its size, down to the inch," she says. "But I also wanted it to be really pretty. We knew that people hang out in the kitchen at parties." Lights with dimmers set the mood, and painted grey cabinets match the home's grey and white palette, punctuated by blond wood, hits of black, bold colour and brass accessories.

Both the dining and living rooms reflect Connell's personal style: modern with traditional underpinnings, livable yet luxurious, a little eclectic. The herringbone floors create an Old World European feel; the '70s glam chandelier, the farmhouse table, the antique cherry-wood cabinet and the repro Bertoia chairs are all unexpected pairings. "I like to mix different styles," says Connell, "and I'm big into texture."

In the living room, a chunky wood side table sits alongside a sleek brass side chair covered in shaggy lambswool. "My son calls it the Snowy Mountain Chair," says Connell. It's a great foil to the traditional tailored blue sofa.

Family pieces and even the style of her childhood home—vintage 1940s—heavily influenced Connell's design. The checkerboard floor and swinging porthole door in the front entryway are beautiful design details from that period. The master bedroom, with its mirrored dresser and Mies van der Rohe chaise, reflects 1930s Hollywood glamour, while the room's teal, white and black palette feels fresh, modern and serene. After all, even an avid entertainer needs a little quiet time.





DECORATE TO SUIT YOUR ENTERTAINING STYLE

"I wanted the table to be big and comfortable," says Connell, who chose this farmhouse-style oak number with guests in mind.

"I always do family-style entertaining. It's about sharing and being messy. I don't want people to worry about putting a wineglass down and making a ring."

*Table, restorationhardware.com.
Chandelier, L'Atelier, 416-966-0200.
Candelabras, morba.myshopify.com.*

The antique cabinet is stocked with bar ware and liquor. "When we have a party, we open it up and put an ice bucket in there, and guests can just serve themselves."





DON'T JUST DEFAULT TO A WHITE KITCHEN

Connell custom-mixed the medium grey colour on the Shaker-style cabinets. "We did a million different colour tests," she says. "I didn't want it too light or too dark." The colour, along with the brass accessories, ties in to the palette of the rest of the home and makes the kitchen feel special enough for entertaining.

Cabinet hardware, leovalley.com.

"For me, entertaining and cooking for friends - that's downtime."



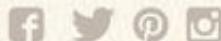


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CREATE A SANCTUARY

The light fixture over the daybed features bits of sea glass, which Connell emphasized with turquoise carpets. The serene colours give the room a quiet, calm energy.

Daybed, morba.myshopify.com. Mirrored dresser, chatelethome.com. Light, unionlightingandfurnishings.com. Rug, allanrug.com. Cabinet hardware, anthropologie.com.



"The closet pulls have a little hint of Kelly Wearstler," says Connell. "I like the irregular shape with the polished brass edge. It makes the ho-hum doors seem interesting."

"I want a bright, clean space to escape into"

Paired with warm woods and rustic brick, Wolf Gray adds sophistication

Walls:
Wolf Gray
2127-40

Back of shelving:
Wythe Blue
HC-143

Chair:
Beacon Gray
2128-60

Grey Matters

For a touch of elegance, grey adds drama without stealing the show

Grey continues to be the hottest neutral in home fashion. This season's complex greys have diverse undertones that bring drama and sophistication, without overwhelming the senses.

Inspired to make a change this Fall? Muted walls are perfect to highlight autumn's hues and provide the ideal backdrop to the season's colourful home accessories.

EXPERT TIP

Many of us have at least one item, whether it's an old chair, stool, or side table, that needs a "pick me up." A solid coat of vivid colour can turn that little item from a wall flower to a centre stage conversation piece.



Sharon Grech
spokesperson for
Benjamin Moore
Paints, and regular
décor expert
on Cityline.

Foreground
walls:
Copley Gray
HC-104

Stairway/
entry walls:
Sea Haze
2137-50

Chair:
Million
Dollar Red
2003-10

A chair painted in
Million Dollar Red goes
from wallflower to
conversation piece

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PRO TIP
Avoid the hard-on-your-eyes blue light emitted from your iPhone's screen by turning on Night Shift, found in Settings.

health



Eye opener

When was the last time you had your eyes checked? Even if everything appears to be fine, experts say you should make visiting the optometrist part of your health care routine. In a study published in July by the University of Waterloo involving more than 6,000 people, researchers found that regular eye exams (every one to three years, depending on age) detected at least one change, like the need for a new prescription or an eye condition diagnosis, in 58 percent of patients.

NUTRITION

A feast for the eyes

Keep your peepers healthy with these vitamin- and mineral-rich foods



1. SPINACH Leafy greens are rich in lutein and zeaxanthin, two nutrients that can help prevent degenerative eye diseases. **2. BROCCOLI** High in vitamin A (can help protect corneas) and vitamin C (may help reduce the risk of cataracts) and, like most dark green vegetables, a good source of lutein. **3. SALMON** Omega-3 fatty acids help promote healthy retinal function and may also alleviate dry eyes. **4. EGGS** The yolks contain lutein and zeaxanthin, which can also help block harmful blue light from reaching the retina. **5. PEPITAS** They're an excellent source of zinc, a key mineral for retinal health. **6. CARROTS** One serving contains more than 500 percent of the daily recommended intake of vitamin A. **7. KALE** Also high in lutein, zeaxanthin and vitamin A.

12

NUMBER OF TIMES THE AVERAGE PERSON BLINKS IN A MINUTE.

**Q&A**

What is "20/20 vision," exactly?
This metric means you can clearly see a standardized size of letters from 20 feet (or six metres) away.

Baum frames, \$250, guildeyewear.com.

INNOVATION**An eye to the future**

Scientists from the University of Toronto were able to restore partial sight to blind mice using stem cells. It's a promising advancement: Researchers say the biology of a human retina is similar to that of a mouse's.



Floaters: Spots you see when fibres in the vitreous (the gel-like substance in your eye) clump, casting shadows on the retina.

**What does it mean if my eyes are...****...twitching?**

It's possible you're stressed or consuming too much caffeine. The sensation, while annoying, is just a muscle spasm, says Dr. Aggie Franzmann, an optometrist based in Kanata, Ont.

"It should go away with some rest and relaxation," she says. "But if it starts to involve other facial muscles, such as the cheek, get it checked out."

...burning?

You most likely have dry eyes, which can come from a lack of tears. Take a break from screens, which cause you to blink less and reduce tear production. Excessive makeup can also clog the glands that produce oil, resulting in burning. "Use an eyelid wash and apply a warm compress," says Franzmann.

...red?

It could be anything from pink eye to allergies to sleep deprivation. Bloodshot eyes come from irritated blood vessels that have expanded. If you wear contacts, give your eyes a break by switching to glasses. You can also try eye drops (or a new brand if you're already using them), and make sure to rest your eyes. If the redness doesn't clear within a few days, see your doctor.

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DR. DANIELLE MARTIN

Q: I have trouble with leakage (no trampolines for me!) and I'm seeing signs of pelvic organ prolapse. Can I stop it from getting worse, or is this inevitable?

The muscles along the pelvic floor hold up organs like the bladder, uterus and colon, and need to be kept strong, just like other muscles in the body. If they become deconditioned, a variety of complications could occur—from organ prolapse to difficulty with bowel movements and urinary incontinence.

People often associate pelvic floor dysfunction with vaginal birth (to the point where some women ask for Caesarean sections to avoid it)—and after long labours where the head sits in the pelvis for a prolonged period, the issue can indeed be worse. But there's good evidence that shows it's pregnancy itself that increases the risk, not the method of delivery. Nerve damage is the most likely cause of pelvic floor weakness, and carrying a person on top of those muscles for 40 weeks doesn't help. Genetics also plays a role, as do lifestyle factors.

Women who don't have children can have problems with their pelvic floor, too. The hormone drop that comes with perimenopause and post-menopause can cause irritability of the bladder and the muscles that control it. Other times, good ol' gravity is at fault; as things settle and we become weaker in general, those pelvic floor muscles



are vulnerable as well.

The good news is there's a lot you can do both before and after you notice problems. Ask your doctor about pelvic floor workouts. Kegels—contract-and-release exercises you can do anywhere—are a good place to start. (To find the muscles, try stopping urination midstream. Those are the muscles you're trying to engage.) Women of every age can do Kegels as a preventive exercise, and once you get the hang of them, you can do reps while you're standing in line at the grocery store or at the bank machine.

For women who experience symptoms, pelvic physiotherapy with a trained professional is

more involved and very effective at teaching people to control pelvic floor muscles. Other options include a pessary (which is put inside the vagina to hold the organs up) or surgery as a last resort.

If you do Kegel exercises regularly and correctly, you'll be able to feel those internal pelvic floor muscles getting stronger. You don't have to do them all day long—just build a couple of sets of 10 into your routine, and as you get stronger, try holding the contractions longer. Eventually, you might be able to cough standing up without worry!

Danielle Martin is a family physician and vice-president, medical affairs and health system solutions, at Women's College Hospital in Toronto.



IS FORGIVING PEOPLE GOOD FOR YOUR HEALTH?

The research

In a study published in the *Journal of Health Psychology*, American researchers asked 148 undergraduate students to take a questionnaire that measured their mental and physical health, exposure to stressors and tendency to forgive. It found a link between the number of stressors people experienced and poor mental and physical health—but if they were forgiving of themselves and others, it alleviated symptoms.

The caveat

The participants were young, mostly unmarried people without children, so findings cannot be generalized. There's also the risk of people interpreting "forgiveness" differently, therefore muddying results. "Many people think forgiveness means reconciliation," says Susan Boon, associate professor of psychology at the University of Calgary, who studies forgiveness and revenge. "But some researchers think forgiveness is giving up negative emotions and replacing them with positive ones."

The take-away

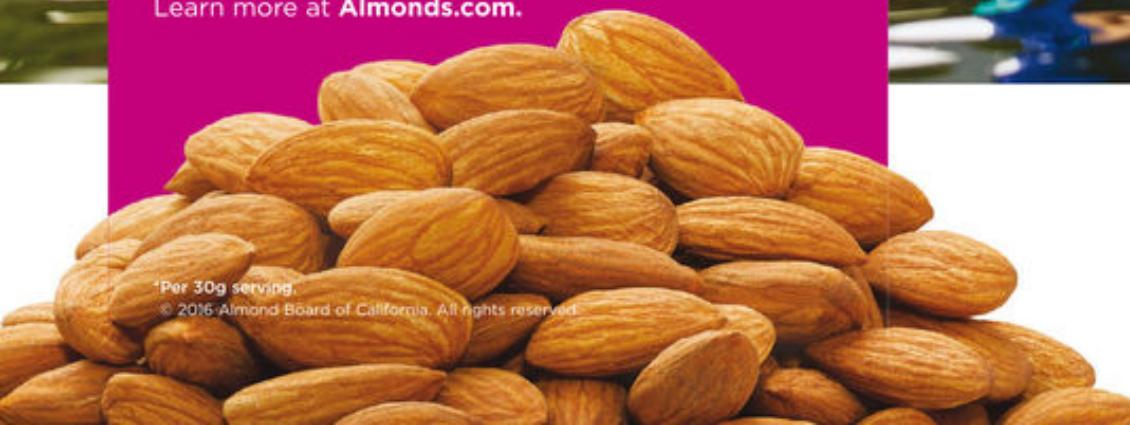
Being charitable toward wrongdoers is a better approach than holding grudges. But this study is suggestive and doesn't offer definitive proof.

—Diana Duong

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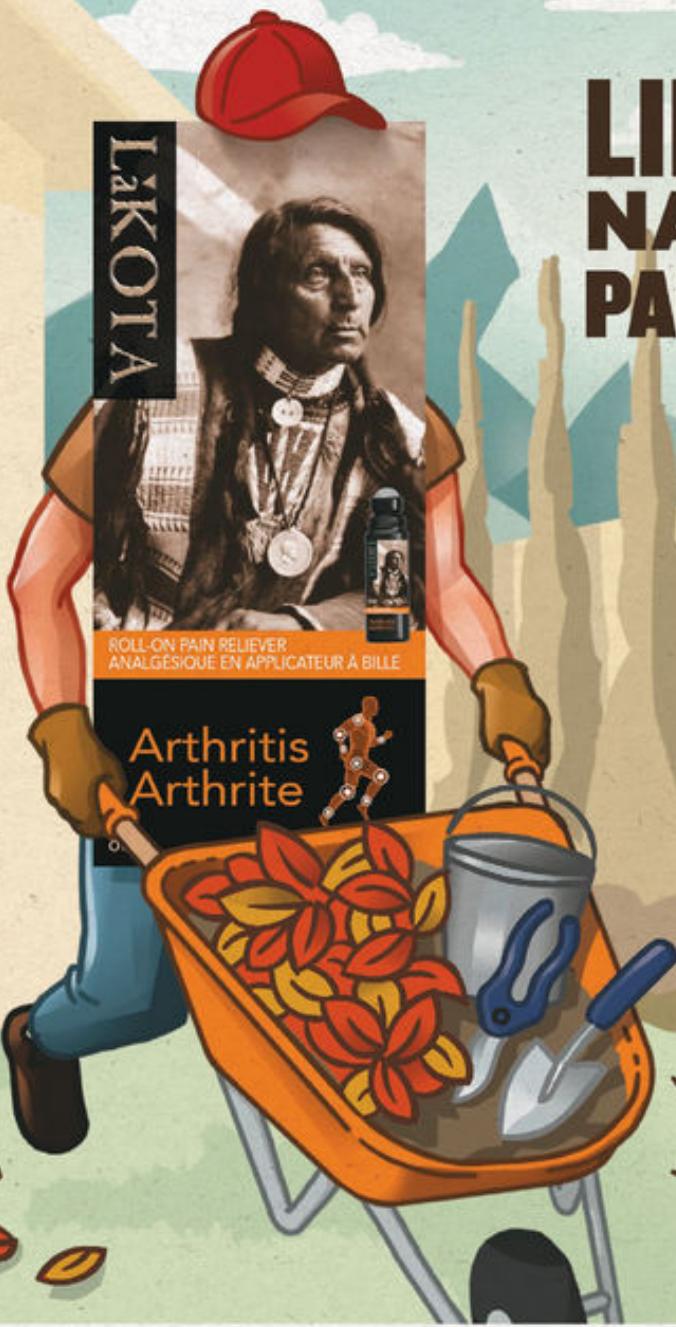
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LAKOTA

What it feels like to recover from a serious head injury

Writer Carla Ciccone suffered a concussion after a freak accident in a Toronto restaurant. The doctor said resting and “doing nothing” would be the key to her recovery. Instead, it triggered a crippling depression



By CARLA CICCONE
Photography by REYNARD LI



I used to have the ability to recall the birthday of any one of my friends and family. That was then. My memory isn't quite so sparkling now.

In the fall of 2012, I got a concussion. I didn't fall off a bike and hit my head on a rock, or go down valiantly trying to catch a ball. I got a concussion in the saddest, most sedentary way possible: while eating dinner in a Toronto restaurant. A busboy wasn't paying attention, the space behind my chair was slim, and in an instant, the stack of heavy plates he was holding slammed into the back of my head. I blinked in and out of consciousness, confused and in pain. A woman offered me Advil. A man sitting across from me asked if I thought I should go to the hospital. He had seen—and heard—the conk. "I don't know? No?" I said. Surely, the pain would go away. "Maybe I'll have a small bump on my head tomorrow," I thought.

I woke up the next day with a headache that felt like the crippling cluster migraines I used to get as a teenager. The pain started at the back of my head and radiated out through my eyes and ears, down my neck and into my back. Light from the dim lamp beside my bed intensified the throbbing. Once I got up and shakily felt my way along the wall to the bathroom, the sound of water coming out of the faucet was like thundering rapids to my sensitive ears. Every sound and every source of light were absorbed into my body as pain.

I attempted to write but the sentences that came out were garbled and nonsensical. I realized I needed medical attention only when I posted a selfie on Instagram and a friend pointed out that my left pupil was fully dilated, while my right was normal. After I was diagnosed in the ER with a concussion, the doctor told me to rest and do nothing. Don't read, don't write, don't exercise, don't watch TV and don't do anything stimulating. Sounds easy enough, I thought.

For many, that advice is the road to healing. For me, it was a recipe for disaster. The longer I stayed in, trying to rest, the more anxious and agitated I became. It didn't take long—two weeks

at most—for depression to sink in, like an inky nightmare that stuck around after I woke up, saying, "I live here now." Prior to this, I had inadvertently kept my mental health in check by doing yoga, dancing, taking long walks, writing, reading, socializing, dating and doing normal things that are part of a normal life. With all of that taken away, I was left alone with my panicked thoughts. My head hurt too much to think about bettering my situation. My head hurt too much to think about much at all.

One morning, a few weeks after the accident, I woke up and stared at my block of kitchen knives for 20 minutes, imagining killing myself with them or rather that they might just float up into the air, land on me in formation and save me the trouble. Suicidal ideation wasn't on the list of symptoms I'd been told to watch out for, but it scared me enough to see my family doctor. After I broke down and told her I was contemplating suicide, she referred me to a neurologist, ran tests, diagnosed me with clinical depression and prescribed a low-dose antidepressant. Turns out I was one of the approximately 10 percent of concussion sufferers who experience persistent,

troublesome symptoms that last beyond the normal three weeks. Post-concussion syndrome can cause anxiety, depression, irritability, anger, fatigue, insomnia and memory problems, in addition to more common concussion symptoms, like headaches and dizziness.

My doctor also signed me up for weekly cognitive behavioural therapy. Over the next few months, my group, composed largely of people suffering from clinical depression, used workbooks, round table chats and other exercises to learn how to heal and retrain our minds to think more positively and productively.

Once I was cleared to introduce stimulating tasks, I started to paint because it didn't hurt my head or eyes to do so. I made long, genuine gratitude lists. I listened to music, read for short periods of time and went for walks. As my body healed and the headaches lessened, I was able to work out, which helped my mood immensely. Eventually, I could write again, too, although I still struggle with word recall and memory.

Four years after the concussion, working on my mental health has become routine. I'm no longer clinically depressed, but muddled thoughts, anxiety and memory problems still come and go. Sometimes these things upset me, but I've learned to be patient and kind with myself, and gratitude always outweighs my frustration. ☀

It didn't take long—two weeks at most—for depression to sink in, like an inky nightmare.



It's been four years since Carla Ciccone's concussion. Working on her mental health is part of her daily routine—but she still suffers from muddled thoughts, anxiety and memory problems.

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HPV=human papillomavirus



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HEALTH CARE

The empathy factor

When's the last time you and your doctor really talked? Experts explore what's at stake with the "art" of medicine on the decline

By SADIYA ANSARI



Imagine you come home to discover your door broken in. Your desk has been knocked over, papers are strewn about, and it doesn't take long to notice your valuables are gone. You phone the police and follow the appropriate procedures. Hours later, the burglar has been tracked down, and all of your belongings have been recovered. How comfortable would you feel in your home that night?

This is the analogy Dr. Abraham Verghese uses to explain the "art of medicine" to his medical students at Stanford University, illustrating the difference between treating a disease and treating the patient. Determining there was a break-in is the "diagnosis" and the recovery of belongings is the "cure." Both are essential steps in properly treating a disease, but neither has anything to do with healing. "What we've lost sight of in Western medicine is that there is a sense of

violation," says Verghese. "Addressing the molecular, genetic, scientific underpinnings of a disease doesn't take away that violation—that still requires a certain kind of nurturing."

This concept isn't new. Before massive strides in medical research and technology, the doctor-patient relationship was an "active ingredient" in healing, write D.M. Dixon, K.G. Sweeney and Denis John Pereira Gray in the *British Journal of General Practice*. But it's something many experts feel has been on the decline: Rapid developments in diagnostic testing combined with over-stressed health care systems have led to more structured, standardized care and less time spent fostering the doctor-patient relationship.

What else has been lost as a result of this shift? Studies have shown a decrease in history-taking and physical-examination skills, which can result in diagnostic errors.



FROM TOP LEFT: Sensitive hand cream, \$12, hoodie, \$32, lube, \$20, lip balm, \$10.

As Dr. Christopher A. Feddock points out in his 2007 article, "The Lost Art of Clinical Skills," in the *American Journal of Medicine*, it can also lead to a decline in clinical reasoning. The deterioration of these skills goes with an increased reliance on imaging and diagnostic testing—a recognized problem in Canada. When doctors spend so much time focusing on test results, they can disassociate the human being from his or her medical record, says Verghese.

Plenty of doctors would like to spend more time fostering their patient relationships, Verghese adds, and teaching interpersonal competencies is a priority in medical schools here and in the United States. But Dr. Walter Wayne Weston, a professor emeritus of family medicine at Western University in London, Ont., and long-time advocate of patient-centred care, says those efforts are often undermined once students enter clinical training in hospitals. When they see frenetic residents running from patient to patient and relying on diagnostic testing, just stopping to ask a question such as "What else do I need to know about you to take care of you?" is seen as a luxury.

Conversations about the ripple effects of an illness are also often sidestepped—a gap that some independent organizations have started to fill. MJ DeCoteau founded Rethink Breast Cancer in 2001 to draw attention to the discussions that should be taking place between health care professionals and younger breast cancer patients, such as what fertility options are available for someone undergoing treatment. Rethink has also issued care guidelines to prompt

conversations about early menopause, financial strain and where to find additional support, such as counselling. Similarly, Parkinson Society Canada created the first national clinical guidelines in 2012, in partnership with neurologists and other specialists, aiming to improve the quality of care received by those diagnosed with Parkinson's.

But even as these gaps are being filled, Dr. Arthur Kleinman, a medical anthropologist at Harvard, warns something much larger is being lost: a doctor's moral responsibility to the patient. "We are losing the deep involvement of the physician in caregiving, and this has always been central to the medical role," says Kleinman, who is also a psychiatrist. "Once caregiving is lost, the physician becomes a highly paid mechanic."

It's a feeling quite familiar to Toronto family physician Dr. Nalya Jessamy. She realized early on that dealing strictly with "fixing" a physical problem wasn't satisfying; she needed to feel a human connection with her patients. She spent the first nine years of her career at a community health centre, which opened her eyes to how factors like employment, housing and mental health impact the experience of illness. That led Jessamy to become certified to practise psychotherapy, which helps her dig deeper with her primary care patients—she's able to ask the right questions, build trust and provide emotional support.

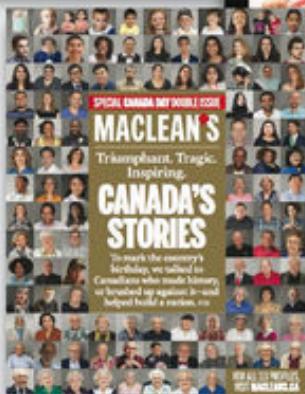
"The mind and body are so connected," she says, adding that repeat visits, specialist referrals and over-testing can often be avoided by gauging the context of a patient's experience. "It goes a long way for all of us to feel heard and understood." **C**

◀ **REAL TALK** This fall, Rethink Breast Cancer is launching a fundraising drive focused on sparking conversations about living with the disease. It partnered with creative agency Lg2 to market a line of products that many breast cancer sufferers will actually find useful and that shed light on the side effects of treatment (with the added bonus of delightfully cheeky names). These products aren't medical necessities, but the hope is that, through the insights they provide and conversations they ignite, they can help with healing.

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 ROGERS

Planning a pregnancy?

Make a healthy thyroid part of your preconception plan.

If you're thinking about becoming pregnant, talk to your doctor about preconception health care. If you are already treated for hypothyroidism, one thing to discuss is how your pregnancy could impact your thyroid health.

What is hypothyroidism?

Your thyroid is a butterfly-shaped gland in your neck that produces hormones that are key to your overall metabolism. Hypothyroidism means your thyroid is underactive, leading to such symptoms as feeling tired and cold, unexplained weight gain, dry skin or constipation, among other things.

Can it impact my pregnancy?

Yes. If you have untreated hypothyroidism, it can be more difficult for you to get pregnant – and stay pregnant.

How can I tell if I'm at risk?

Consider talking to your doctor before getting pregnant if you:

- have struggled with infertility
- have had a preterm delivery
- have a family history of thyroid or autoimmune disease
- have Type 1 diabetes



Conception, pregnancy and the newborn period are key thyroid management stages.

If you are at a high risk of developing hypothyroidism, your doctor may decide to test you prior to, and during, your pregnancy.

I am being treated for hypothyroidism and I want to get pregnant. What should I do?

Before you try to conceive, have your thyroid hormone levels checked. If they are too high, you may need to increase your medication. Once you become pregnant, let your doctor know promptly, as you may require an increase in your medication dose.

How is hypothyroidism managed throughout the pregnancy stages?



Before you conceive, your doctor can give you medication to return your thyroid hormone levels to normal.



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If you have questions about your thyroid health, please talk to your doctor.



VOICES

Me and my shadow

Research shows that imaginary friends can be of great help to children struggling through particularly stressful periods of life. Could the same be true for adults? Meet Jenna, who suffers from bipolar disorder, and her imaginary friend, Jensen, who gets her through it

By MEGAN HAYNES | Illustration by NOMA BAR



Every spring and fall, Jenna Walker* battled depression — a rhythmic, debilitating expression of her type 2 bipolar disorder. She was irritable and unwilling to be around other people, making her job as an administrative assistant untenable. She'd snap if her son touched her shoulder at the wrong moment. Medication didn't always work. There were a lot of mornings she just stayed in bed, unable to overcome the emotional and physical exhaustion of her illness. She felt trapped by the competing needs for affection and solitude, a conflict that was hard for her family to navigate.

In 2014, after five years of suffering, she sought out a friend named Jensen. She shared everything with him. They became so close, they could communicate without words. He's pragmatic, confident and focused—complements to Walker's sometimes scattered personality. He tells her that she's strong, that she can fight her depression, and when he says it, she believes it. He doesn't treat her with kid gloves; he can be blunt, even harsh, but ultimately he's one of her greatest supports. He also doesn't exist.

Jensen is Walker's imaginary friend, a construct she uses to help keep her negative emotions at bay. She doesn't see him—he's more like a presence—but she does hear and converse with him, and she pictures him as tall, with brown hair, a goatee and sharp features. When he's around, he sits just at her periphery, to her left, she says. She likens him to a "giant steel beam" that props up a roof, providing shelter and protection to everything underneath. "He's unmovable, indestructible. I built him to be that way."

Having burned through all the coping mechanisms suggested by her doctors, she decided she needed a mental barrier between herself and the pain—something to protect her from depressive thoughts. "I believed if I sell myself on this so hard...it will protect me." She gave this barrier the shape of a man, modelled after a character in a video game she had been playing, and gave him a name. As she dealt with day-to-day situations, she imagined Jensen's responses and reactions to her actions, supplying both sides of the conversation. After about a month, she says, he developed sentience. She describes that moment as feeling a strange pressure in her head—like a dog,

shaking off water—and then having the distinct sensation that someone was looking at her. It was after that, she says, that she first heard thoughts that weren't her own.

Auditory hallucinations are a symptom of a number of mental illnesses: bipolar disorder, borderline personality disorder, obsessive-compulsive disorder and, most notably, schizophrenia. Between 5 and 15 percent of the general population will experience them at some point; and, according to a recent study from Harvard and the University of Queensland in Australia, they are more common in women, though the reasons for this are unclear. They are stereotypically associated with the decline of someone's mental health, but some experts are beginning to view the experience as one that sits on a spectrum, similar to how we view autism; they argue that not all voices are unhealthy or destructive, and that some—like Jensen's—can even help people cope with stress and illness. Discussions in online groups such as the Hearing Voices Movement have been shedding light on the issue, and this fall, the topic will truly hit the mainstream with the expected debut on ABC of *Imaginary Mary*, a dramatic comedy starring Jenna Elfman, in which Elfman's childhood imaginary friend (a small, furry monster voiced by *Saturday Night Live* alum Rachel Dratch) re-enters her life, triggered by a stressful event.

When Jensen first took on a life of his own, there was plenty about him that Walker didn't like: He could be critical and would make snide comments about people around her, for instance. But he encouraged her to deal with difficult situations rather than avoid them and said he would always be there for her. The two developed a camaraderie. His primary job now is to push her through the pain—to help her through one more day, and then another.

Beyond telling her therapist (who has signed off on Jensen as a healthy coping mechanism) and her best friend, Walker, 35, has kept him a secret. She's never mentioned him to her kids or her husband. "I feel like if my husband knew about Jensen, it would really stress him out that I had somebody riding shotgun in my head, and that I put him there."

Walker's concern isn't misplaced: The illnesses that are accompanied by auditory

hallucinations are among the most stigmatized disorders in society, says Dr. Sean Kidd, chief of psychology at the Centre for Addiction and Mental Health in Toronto, who specializes in schizophrenia. But there is a lot of research that suggests having an imaginary friend can be extremely helpful for children dealing with loneliness, abrupt life changes and bullying, and can lead to improved social skills and increased creativity. Can the same be true for adults?

When Jensen broke out on his own, Walker panicked. She was sitting alone on a bus, staring out the window. The next moment, she had the unmistakable feeling that he was looking at her. He didn't say anything—but she knew things had changed. "It was terrifying," she says. "I didn't know what to do. I thought I was losing my mind."

Soon, the pair started to have what she describes as an unfiltered exchange of ideas. There was no barrier—he could hear all her thoughts, and she could hear his, an experience that left her feeling vulnerable and scared. After a week, she told her best friend. He was supportive and encouraged her to see if other people were talking about similar experiences online. She found a Reddit community populated with seemingly reasonable people discussing "beings" in their heads. All of a sudden, she wasn't alone, and she had another name for what Jensen could be: a *tulpa*.

Tulpamancy—the act of meditating a mental being into existence—was first thought to be practised by Tibetan monks, says Samuel Veissière, an anthropology and psychiatry professor at McGill University and one of the few academics to have studied the subject, but its transition to a modern phenomenon happened largely online. Conversations around tulpas and imaginary friends first appeared on the message board 4chan in 2009, Veissière says, and then migrated to Reddit. After that, other online groups started popping up. Today, tulpas are thought of as a more defined version of the voices people might hear in their heads. They tend to have shapes and are considered to have consciousness independent of their hosts, who are called *tulpmancers*.

The subreddit, started in 2012, has more than 10,000 subscribers; however, only a small percentage are active in the discussions, says Veissière. He says people create tulpas for a wide variety of reasons: to help with coping day to day, like Walker, or for companionship. "There is a big concern among the community that they'll be presented as 'crazy,'" he says. "But nothing is ever cut and dried."

Tulpmancers often (but not always) choose to create their tulpas, he says, training their brain to think with two independent streams of consciousness. Many will practise conversations in their head, focusing on creating a separate personality. (Walker unknowingly followed these steps in creating Jensen.) Eventually, it breaks off. Veissière likens the experience to learning to drive: Creating a tulpa takes practice, and eventually muscle memory takes over and does most of the work. "There's a giant array of things the mind can do," he says.

The notion that there is a spectrum of auditory hallucinations, from healthy to unhealthy, has become largely accepted in the medical community, but the concept has yet to make the leap into the mainstream. Some of the stigma people associate with hearing voices is cultural:

Walker has set some clear boundaries—and Jensen rarely breaks the rules. He stays quiet if told, and he stays out of certain rooms of the house.

I panicked -

My hair was thinning!

Maya was shocked by the change in her hair. Fullness and volume were replaced by thinness and lifeless hair. She had to do something.

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I had to do something

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Maya N, Sweden

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North Americans, for example, are more likely to associate hearing voices with mental illness than those in other parts of the world, Kidd says, partly because of how it's portrayed in media and film. Stanford anthropology professor Tanya Luhrmann studied auditory hallucinations in North America and in India and Africa. She found that in the East, hearing voices is considered a largely positive, almost spiritual experience, while in the West, it is a source of distress. In the West, she notes, people value individual autonomy over collectivism, and so voices are seen as an intrusion.

Not surprisingly, people experiencing auditory hallucinations often hide it, afraid they'll be labelled as "crazy," says Ben Alderson-Day, a research fellow at Durham University in the U.K. and a member of the Hearing the Voice research group. As a result, the community remains understudied, and people in distress aren't likely to seek help in time, he says. One study in the *Scandinavian Journal of Psychology* found that only 16 percent of people who hear voices seek medical attention. When people stay silent, it can "lend itself to

self-stigmatization," says Kidd. "They take on these negative messages about what it might mean, as opposed to talking to a physician or friend and hashing out what it [actually] means, which can be quite therapeutic."

Walker feels this pressure every day. "It's a huge stressor," she says. There's not much she keeps from her husband, but she thinks telling him about Jensen would irreparably damage their relationship. So far, he has no idea—she sometimes zones out when she's interacting with Jensen, but not to the point where her husband has ever noticed. And Jensen will usually stay quiet if she tells him to, so he rarely interrupts their conversations. She's set some clear boundaries—and Jensen rarely breaks the rules.

Up until 10 years ago, says Kidd, the thinking was that any kind of auditory hallucination needed to be eradicated with medication and therapy. But that thinking has evolved: The most recent edition of the *Diagnostic and Statistical Manual of Mental Disorders* places many mental illnesses associated with auditory hallucinations (including schizophrenia) on a spectrum. On one end, there is a percentage of people who are severely affected by their psychoses, in need of serious medical attention and unable to go about their daily routines. But on the other, there are people who hear voices and can still lead healthy and productive lives, he says.

Dr. Roger McIntyre, head of the mood disorders and psychopharmacology unit at the University Health Network in Toronto, says anyone who hears any kind of voice, even if it's friendly and useful, should consider talking to a doctor, so the voices can be monitored and properly managed. But it's when people lose control over the voices that they need to be seriously concerned. For example, if Jensen were to break the "rules" that Walker has set out (such as not interrupting real-life conversations, or not coming into certain rooms of the house, like the bedroom), spew hateful or dangerous comments, or refuse to stay silent when told, it would be cause for concern, and a doctor should be

informed, he says. "In other words, when [the voices] have a life of their own and intrude when they wish, that can be very distressing to people," he says. If the voices start to interfere with a person's ability to function, or if that person becomes lost in a fantasy world and loses touch with reality, it should be a big warning flag, he says. People should also seek help if the quantity of time spent with the voices is increasing, if the complexity of the phenomenon is increasing or if the patient starts to feel a weakening sense of control.

But Veissière says there are many circumstances in which hearing voices can be helpful. In his research, he found that the presence of a tulpa helped some patients with Asperger's syndrome, attention deficit disorder and general anxiety. More than half of respondents on the Asperger's or autistic spectrum, for example, said their ability to read other people improves with the help of the voice in their head.

People in the online tulpa community are also speaking out about how their voices have helped them. Joanna Bennett,* a Montreal-based engineering student who has a tulpa named Melissa, says the voice helps her cope with the anxiety she feels around decision making. She runs her ideas and plans by Melissa, and Melissa gives her two cents back. California-based Katie Chester,* who suffers from depression, says her tulpa, KT, helped talk her through a time when she was having suicidal thoughts.

When Walker told her therapist about Jensen, she was surprised by the reaction. "She didn't think I was crazy," she says. "She thought it was a creative and healthy way to be dealing with [my bipolar depression]. All this time, I'd been carrying this stress that if I told anyone, my doctor was going to send me straight to a hospital. I could have gotten up and hugged her."

Walker sees Jensen as her safety net—someone she can talk to at any time, in any place. "Depression is lonely," she says. "You feel isolated, so lost by yourself, and nobody seems to be able to bridge that gap. Having support that's internal [makes it feel] like not only do I have someone who is there with me, but because he is a part of me, and aware of what my needs actually are, he gets it. It's the happiest I've been in years." ☀

"I feel like if my husband knew about Jensen, it would really stress him out that I had somebody riding shotgun in my head, and that I put him there."

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Ginger If you come down with a nasty stomach bug, sipping ginger tea can help reduce nausea and vomiting. A powerful anti-nauseant, ginger is commonly recommended to women suffering from morning sickness, and patients suffering from nausea caused by chemotherapy. Bonus: it will help replace lost fluids. Steep thin slices of ginger in boiled water, then add slices of lemon for a powerful burst of vitamin C.



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Oil of Oregano Used preventatively, oil of oregano has been found to have powerful anti-viral, anti-bacterial, anti-fungal and anti-parasitic properties. If you're already sick, start taking it immediately, since one of its key components, thymol, has been found to actively boost the immune system. Like olive leaf extract, it can also destroy friendly gut bacteria, so use with a probiotic.



Probiotics While some natural remedies affect the good flora in your gut, antibiotics prescribed to treat secondary infections can also destroy good bacteria, leading to Antibiotic Associated Diarrhea (AAD). If your doctor prescribes antibiotics, ask about taking a daily probiotic to help support a healthy digestive system.



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Sources: Herbal Medicine: Biomolecular and Clinical Aspects, 2nd edition. Chapter 7 (Taylor & Francis); Dietary supplementation with two Lamiaceae herbs (oregano and sage) modulates innate immunity parameters in *Lumbricus terrestris* (Pharmacognosy Research); Pathogen destroyers give immune system a helping hand (Health Sciences Institute); Complementary and Alternative Medicine Guide: Garlic (University of Maryland Medical Center); Garlic: a review of potential therapeutic effects (Aegean Journal of Phytomedicine); Medicinal values of garlic: A review (Academic Journals); National Institute of Health: Probiotics in the prevention of antibiotic-associated diarrhea and *Clostridium difficile* infection. Recommended Duration of Use: Use for up to one week. Please consult a healthcare practitioner if symptoms of digestive upset (e.g. diarrhea) worsen or persist beyond three days. 1.Swidnicki A, Loening-Baucke V, Verstraeten H, Osowska S, Doerfler Y (2008) Biostructure of fecal microbiota in healthy subjects and patients with chronic idiopathic diarrhea. Gastroenterology 135(2): 568-575. 2.Buts JP, Bernasconi P, Van Craynest MP, Maldague P, De Meyer R (1986) Response of human and rat small intestinal mucosa to oral administration of *Saccharomyces boulardii*. Pediatr Res 20: 192-196. [†]No purchase necessary. Open to residents of Canada (excluding residents of Quebec), over the age of majority. Contest closes October 19, 2016 at 11:59 PM ET. One prize available to be won, consisting of one \$10,000 travel voucher. One entry per person/Email address. Odds of winning depend on number of eligible entries received. Must correctly answer a mathematical skill-testing question to win. Entry form and full contest rules at site.en.chatelaine.com/florastor.

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Risky business

THE SECRET TO BUILDING
A KILLER CAREER
MAY LIE IN YOUR
WILLINGNESS TO
BRAVELY TAKE A BLOCK
FROM THE BOTTOM

*By SARAH BOESVELD, DOMINIQUE
LAMBERTON & KATIE UNDERWOOD
Photography by ERIK PUTZ*

if

comfort and complacency are the enemies of success, calculated risk is its best friend. That's truer now more than ever, when short-term contracts have replaced cushy salaries, self-made side hustles abound and achieving work-life balance often means sticking up for your own damn self. Yet taking a leap, whether it's quitting your job or sharing an unpopular opinion, can still be excruciatingly hard. In a recent Vancouver TED Talk, Reshma Saujani, founder of a tech advocacy group called Girls Who Code, argues that many girls are taught perfection (be polite, be pretty, play nice) while boys are taught bravery (swing high, play rough, jump). This early conditioning, she contends, results in a fear of imperfection and, ultimately, risk aversion that has nothing to do with ability or intelligence and everything to do with durable ideas about how women should behave. Studies back her up, showing that women take fewer risks than men, particularly when we're stressed out. Her solution? Celebrate women not for perfection but for courage and a willingness to try, even if trying means failing. We asked Canadian women of varying ages and professions to share their biggest career risks: rewarding, not so rewarding and everything in between. It's time to make friends with risk.

LAYLA, * 42, TORONTO

I walked away from my dream promotion

I used to work in the radio and television industry as a marketing manager—a job I loved. Then I got pregnant, and I naively thought my life would remain exactly the same, except that I would have a kid. Soon after, a promotion came up for a director—

level position. I had always been pretty ambitious, and I was aggressive about going after it. I took the position two months before my mat leave, and I had every intention of going back. But when I was off, my husband was travelling a lot, my extended family was an hour away, and I couldn't find a daycare that I liked. A month before I was scheduled to go back, I turned to my husband and said, "I can't do this." As a

WHAT'S YOUR GREATEST CAREER RISK?



ELAINE LUI

Co-host of CTV's The Social, senior correspondent on etalk and founder of Lainey Gossip

"I became a full-time blogger in 2006. Back then, nobody's full-time job was 'blogger.' I was working at Covenant House, and I loved my work, but I had an opportunity to create a job for myself about something I was passionate about. It was terrifying, but I couldn't imagine myself in the future looking back and saying, 'Oh yeah, remember when you had the chance to do that and you didn't?' So I did it and here we are. I'm still a blogger, and I'm proud to say that's my profession."

type A perfectionist, I knew I would kill myself trying to balance everything. My kid and marriage would suffer. So I approached my manager, an older guy, before I was scheduled to come back, saying, "Let me do this, but on different terms. Maybe I come back six months later, when I feel better about daycare?" Work-life balance was not in his vocabulary. He said, "Nope. You're either all in or you're out." So I said, "Then I'm out." A week later, the company offered me a freelance contract so I could work from home. I did that, two days a week, for nine years. Financially, our family took a hit—we had food on the table, but we didn't go on a vacation for, like, 10 years. I still feel like a bit of a failure because so much of my identity was tied up in my career success, but I can live with that. I was able to do a lot of "Mommy and Me" stuff: take my kids to museums, be with them without my smartphone taking over everything. Now that they're older, I'm back to work full-time, which was a relatively easy transition because of my experience, but I'm very deliberate with my time. I used to feel guilty about that, but I'm getting my job done. And I'm doing it well.

GRETCHEN, * 29, TORONTO

I opted out of my office's bro culture

I work in the sales department of a very large, very young company. There are a lot of great aspects to the culture, but it's very heavily male. The guys shoot Nerf guns

at each other, and their after-work activities involve hockey leagues. It's a frat house in there, and if you're not a member, people don't respond well. I opted out early on, which, to me, meant not hiding who I was—I'm smart and I'm a feminist. I didn't change myself to be less threatening or to fit in with the bros. Soon after I started, I realized some of the men took issue with me. They weren't messing with my work, but they made it uncool for other people to talk to me, sometimes by teasing me or excluding me from post-work parties. I knew I was screwing myself over by not making an effort to fit in. In my department, the conversations that get people to the top happen when you go golfing or drinking, and when you abstain from the social stuff, you are actively choosing not to build those professional relationships. I believe opting out has slowed my progress; I had to work for three years before I got the promotion I thought I deserved. If I had gone along and pretended to be less opinionated, maybe I'd have gotten to my current job faster, but never in a million years would I want to earn something on false pretenses. It was very hard for a while, but I am better for it, I think...I hope.



SAADIA MUZAFFAR
founder of TechGirls Canada, an organization that encourages women to consider careers in tech

"Early on in my career, I found out I was getting paid a lot less for the same job and title as my male counterparts. I raised the issue with my managers, who told me I should just keep working hard and that my patience would be rewarded, instead of actually addressing what was wrong. So I decided to look for another job. The system will tell you to suck it up and stay the course. I'm going to tell you to evaluate your options. You're worth what your intuition is telling you."



CHRISTY CLARK
premier of British Columbia

"I quit my full-time, long-term, well-paying job at my own radio show for CKNW in Vancouver and took over leadership of the Liberal Party in 2011. We were 20 points behind in the polls, the party was \$5.5 million in debt, and it's a risk I have never regretted taking."

perfect moment to have kids: They have to have been at the company long enough, they have to have proven themselves. But I've learned the timing doesn't need to be perfect. It just needs to not be the *wrong* moment.

KATHERINE, 31, TORONTO

I disclosed my drinking problem to my boss

Five years ago, I was working as an associate editor at a magazine based in Yellowknife. I've had an ongoing problem with alcohol since around age 18, and in the North, it is normal to go out for after-work beers four nights a week. For me, it got out of hand: I was drinking so much that I was sick, coming in late all the time and functioning at half-capacity. Eventually, I said, "Okay, I need to address this or they're going to fire me." Thankfully, I had a good relationship with my boss—we worked closely. Plus, he was a very warm person, so I figured that being open was the best way to approach it; then he could decide what was best for the company. I'd rather people know I'm an alcoholic than think I'm bad at my job. When we sat down, he looked at me and said, "You should never be so hungover that you're missing work," which was hard to hear. But

PHOTOS: MICAH BOND. HAIR AND MAKEUP: ANGIE DI BATTISTA/PLUTINO GROUP FOR FACEATELIER

MICRO-RISKS

Not ready to quit or demand a raise? Try these

[1] Call in a personal day without explaining why.

[2] Share an idea without disclaimers like "This could be a bad idea...." or "I'm not an expert...."

[3] Go makeup-free, except for a brash red lipstick.

he was accepting: He said he'd like me to keep working there, and to keep him updated on how things were going with AA, which I'd just started. I'd be lying if I said disclosing didn't make things awkward for a while. And, ultimately, I didn't end up staying—because I couldn't keep my shit together. That was an extremely scary time, but he made me feel supported. There's going to be the rare person who sees mental illness or addiction as a failing on your part, but asking for accommodation is something that people should never be afraid to do. It helped me a lot.

MARINA,* 51, CALGARY

I asked for a standing desk

Four years ago, I joined a charity bike ride. One day, when I was training for the two-day, 200-km ride, something went wrong in my lower back. I kept going, and I did the ride, but I was in so much pain. Over the next two years, the pain persisted, and I was diagnosed with a bulging disc. I discovered that when I was active on the weekends—I ski a lot—the pain usually went away, but at work, because I sit most of the day, it got worse. I found out that I wasn't alone: Several people in my department suffer from back problems, including people in

[4]
Be open (but tactful) about your flaws in a job interview.

[5]
If you use threat-neutralizing emojis when dealing with difficult subjects in emails, ditch them.

[6]
Decline a meeting if your time would be better spent on other tasks.

[7]
Turn off your email at 6 p.m. and set an unapologetic evening out-of-office reply.

style
risks

Am I pulling this off?

Three women dress outside their comfort zones in the name of building career confidence



Nicole Neveu
sales coordinator
Neveu plays her work wardrobe safe in black dresses. Every. Day.
THE RISK Colour
HER TAKE "The colours of both the jacket and the dress were big risks for me, but the fit of the dress was in my comfort zone. I got lots of compliments—everyone was excited to see me in something other than all black. It was a huge confidence boost."
Dress, \$90, penningtons.com.
Blazer, \$75, reitmans.com.



Pylin Chuapetcharasopon
organization researcher
Chuapetcharasopon describes her look as "IBM in the '90s." She rarely goes shopping, and is lost when it comes to trends.
THE RISK Trend pieces: patterned pants and a vest.
HER TAKE "I was nervous because I don't like attention, but right away people were like, 'Hey, that's not what you usually wear. You look really good.'" Vest, \$60, hm.com/ca.
\$20, hm.com/ca.



Jennifer McCauley
sports media administrator
McCauley works in a jeans-and-T-shirt office. She wants to project power, but still fit in.
THE RISK Structured pieces
HER TAKE "The outfit was casual enough that I didn't feel like an imposter, yet smart enough to project competence. I usually give myself a pep talk before entering a room full of strangers, but if I keep this up, I won't have to." Blazer, \$78, penningtons.com. Dress, \$65, reitmans.com.

their 20s. I saw that there was a need to do something, so I researched standing desks and sent HR a proposal, providing links on the health benefits. You never know how the company is looking at people like me—they're

always trying to save money—but I decided that I wouldn't want to work for an organization that didn't help its employees, and I went for it. The request was approved and my department got two standing desks. HR also

approved two more for other offices. The benefits I feel are so great—I'm energized, I don't need coffee at two o'clock anymore, I'm more alert and I haven't been back to physio for my back since I started working standing up.

CAROL OSLER, 61, TORONTO

I came out at work

In 2003, I was working in the financial security business [Osler is now the senior vice-president of the Financial Crimes & Fraud Management Group at TD Bank Group] and struggling to be recognized as a woman in a field that's driven by men. I didn't disclose my sexuality at work because I didn't want to exacerbate an already difficult dynamic. I always felt there was this white noise going on among my colleagues: "Is she or isn't she?" I tried to ignore it, but then I met my future wife, Linda. She didn't have the slightest intention of keeping quiet about who she was, but there I was living this under-the-radar corporate life. So I started mentioning her name in conversations. Then, eventually, I told a few trusted co-workers. The minute I said "My partner is Linda," the white noise went away. I've had much richer opportunities in my career because I'm able to be my whole self—like everyone else around the table—with no limitations.

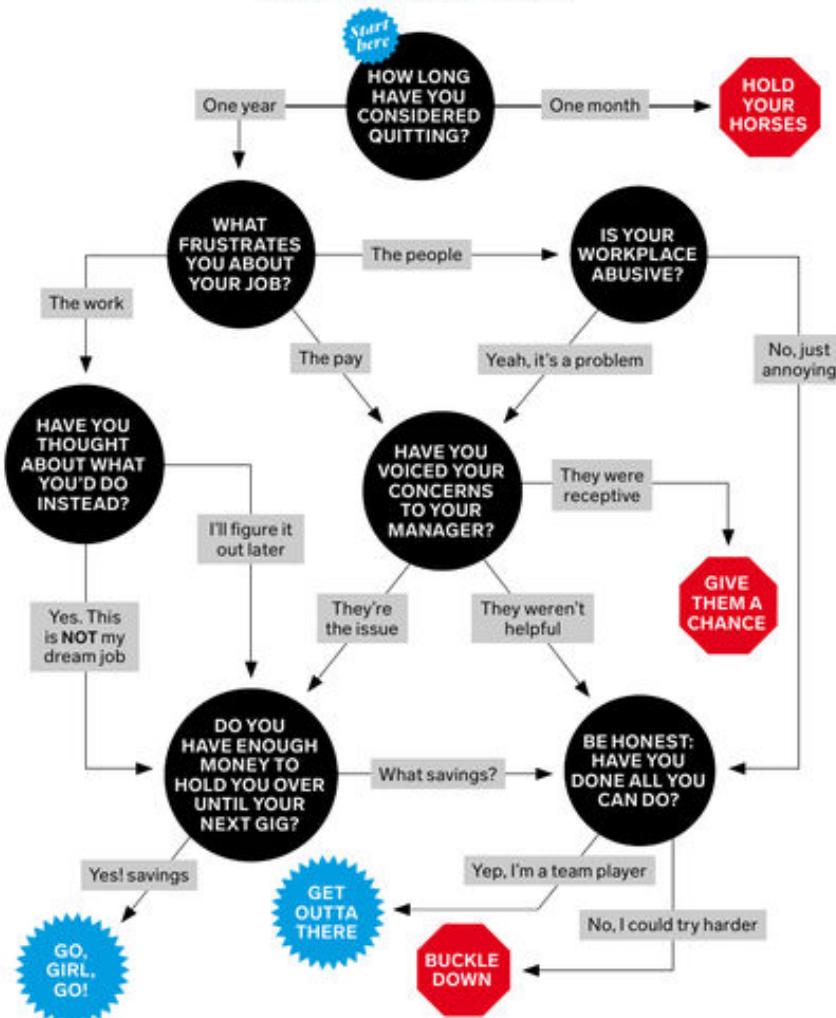
JOYCE CHAUVIN, 64, VANCOUVER ISLAND

I called out the men in my office for their sexist cubicle decor

When I worked in London, U.K., in the late 1980s, I was in charge of marketing for one

Should I stay or should I go?

Ask yourself these questions before handing in your two weeks' notice



of the banks, and I had to deal with the trading side, which was mostly men. Typically, guys would go on a holiday and send postcards of naked or topless women back to the office for their colleagues to stick up on their desks. So I went to my boss and said, "I'm uncomfortable with having pictures of naked women in the trading room. I don't think it's appropriate—this is a business environment."

My boss said, "There's nothing wrong with that." I said, "You're sure? This is exactly how it needs to be?" He said, "Absolutely." Okay, fine. On my lunch break, I went to the corner store and bought a few copies of *Playgirl*, which were full of naked men. I tore out the images and put them all over the trading room. All of these giant dicks everywhere! And these men—these are

Englishmen—were having a mental. They went rushing to my boss, who is also their boss, saying, "This is so terrible." But I said, "No, no, no. You said this was acceptable—naked images are completely fine. Am I misunderstanding you?" Then all the images—men and women—had to come down. I put an end to it while I was there—what happened after I left, who the heck knows? ☺



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GLOBALLY, MORE THAN 62 MILLION GIRLS ARE OUT OF SCHOOL.

They are forced into marriage, live in fear of violence and are subject to other harmful forms of gender discrimination that prevent them from going to school.

That's why Plan International Canada started the **Because I am a Girl** movement – so that girls, with boys, men and women, can work together to end gender inequality and empower girls to unleash their potential.

When a girl has access to education and opportunity, she has the power to transform her life, her community and the whole world.

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Because I am a
Girl

Women helping girls

Awareness of the issues facing girls—poverty, lack of education, misogyny and violence—has grown fast and fiercely. So too have initiatives devoted to tackling these problems on a global scale, like Michelle Obama's Let Girls Learn, which aims to empower the 62 million girls worldwide who are not in school. (Sophie Grégoire Trudeau showed up to support the program last spring.) But there's still work to be done. Here are five Canadian women who've taken on the challenge

IN PARTNERSHIP WITH PLAN INTERNATIONAL



Danielle Thé

[FOUNDER OF DEVS WITHOUT BORDERS, TORONTO]

In 2015, 26-year-old Danielle Thé founded Devs without Borders, a non-profit that connects software engineers in the developed world with those in developing countries to find tech solutions for poverty and help those in need to access education and health care. Thé's first project was an app for girls and women who'd been sexually assaulted in New Delhi, India. It worked in low-bandwidth regions and allowed users to chat anonymously, creating a community that broke through the post-assault shame. After it debuted,

Thé heard from women around the globe who thought the app would be useful where they lived too. This November, Devs without Borders will host a two-day hackathon that pairs engineers from Waterloo, Ont., with those in Bangladesh. Dubbed *<Br/eak> Inequality*, the session will focus on innovations that would improve Bangladeshi women's sexual and maternal health, as well as the country's infant mortality rate. "I firmly believe that technology can do so much more than it's doing right now," says Thé.



Chris Dendys

[DIRECTOR OF EXTERNAL RELATIONS, THE MICRONUTRIENT INITIATIVE, OTTAWA]

The World Health Organization estimates that half of pregnant women are iron-deficient, and it says a nutrient-depleted mother is likely to deliver a child who faces the same health challenges.

Aid tends to target both pregnant women and babies but skips the girls in between. Chris Dendys plans to close that gap. The program she directs, Right Start, improves the nutrition of women across nine countries in Asia and Africa and recently expanded its reach to include tweens and teens, with the aim of helping over 100 million females.



"WE NEED
TO SEE GIRLS
AS AGENTS
FOR CHANGE."
—Hagel

Tatiana Fraser & Caia Hagel

[AUTHORS OF *GIRL POSITIVE: SUPPORTING GIRLS TO SHAPE A NEW WORLD*, MONTREAL]

Tatiana Fraser and Caia Hagel are out to change girl culture. The authors, whose resumes are stacked with female-empowering projects, believe pop culture too often frames young women as one-dimensional stereotypes. So they met with girls and women, ages 9 to 29, across North America, holding group talks and one-on-one interviews in major cities, like Los Angeles, and small towns, including Wemindji, an indigenous community in Northern Quebec. Racial, economic and cultural diversity were top of mind as they discussed everything from self-harm to binge drinking to how women are

portrayed in pop culture. They collected their dispatches in a new book called *Girl Positive* (\$32), which spotlights real-life struggles, like the crushing pressure to meet beauty standards. It also focuses on the many ways girls are changing their own lives, from one who is pushing for consent in sex-ed curricula to another who is producing a misogyny-free hip hop album. They also plan to amplify the conversation through a companion website called girlpositive.ca, where kids can log on and tell their own stories because, as Fraser says, "that's the truest, realest information we could ever present."



Fiona Sampson

[FOUNDER OF THE EQUALITY EFFECT, TORONTO]

Human rights lawyer Fiona Sampson founded the Equality Effect in 2010 to help girls around the world seek justice. The group's most ambitious project is called 160 Girls, named after the number of young Kenyans who contacted the organization for legal help after they were raped (one in three Kenyan girls experience sexual violence). In 2013, Sampson and her team won a class action suit against the Kenyan government for failing to protect the girls. The ruling introduced a new standard that compels police to investigate all reports of sexual assault—a previous rarity.



Farah Mohamed

[FOUNDER OF G(IRLS)20, TORONTO]

In 2009, Farah Mohamed launched a shadow G20 devoted to the economic success of girls and women, dubbed G(irls)20.

The organization's flagship program gathers delegates between the ages of 18 and 23 from each G20 country, plus representatives from the European and African Unions, Afghanistan, Pakistan, the Middle East and North Africa. "We have girls at the table who have travelled the world," Mohamed says, "and some who have never been on a plane before." This year's summit took place in Beijing and focused on a promise made by the G20 leaders back in 2014: to create 100 million new jobs for women, globally, by 2025. It's a "bold, audacious and completely achievable goal," says Mohamed. But, she adds, those jobs must be full-time, well paid and sustainable. As a society, we've accepted that education is a huge game changer—just look at the push to get more girls into the STEM (science, technology, engineering and math) programs. Now, Mohamed says, we need to ensure they have the opportunity to practise those hard-earned skills.

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How about them apples

Granny Smiths are hands down the best variety for making candy apples, our latest Instagram-worthy obsession. They're tart enough to balance the sweetness of the caramel and crisp enough to easily bite into. Choose small apples and bring them out as a surprise treat at a dinner party—they can be made a day in advance. You can dream up any number of topping combos, but these are our favourites:

1. Cookies & Cream Dip in caramel, then roll in melted white chocolate, then in crushed chocolate wafer cookies.

2. Caramel Popcorn Dip in caramel, then roll in kettle corn and salted peanuts.

3. Sweet & Salty Dip in caramel, then roll in crushed or chopped pretzels and drizzle with melted dark chocolate.

Full recipes at chatelaine.com



Pour melted chocolate into a small parchment cone, snip off the tip and drizzle away.



Good gourd!

What to do with all the delicious varieties of squash

1. ROUND ZUCCHINI Similar in flavour to long zucchini but shaped like a grapefruit. Stuff with cooked orzo and herbs and roast in a 350°F oven for 25 min. **2. KABOCHA** Sweet and fluffy—like a cross between sweet potato and pumpkin. Fry in tempura batter or add to stew. **3. ACORN** Sweet and nutty flavour. Halve, scoop out seeds, drizzle with olive oil, sprinkle with salt and pepper and roast cut-side down in a 350°F oven for 30 min. Finish with grated parmesan. **4. OPO** Mildly bitter flavour. Grill or add to soup. **5. PATTYPAN** Buttery flavour. Halve and sauté with butter and salt, and finish with basil leaves. **6. BUTTERNUT** Super-sweet flavour. Nice in soups and risottos.



The finishing touch

Vibrant green pumpkin seed oil, which is pressed from roasted pumpkin seeds, is a nutritional superstar, full of vitamin E and essential fatty acids. Its nutty flavour is delicious for vinaigrettes or as a finishing drizzle over soup, crostini or burrata cheese. Just don't heat it!

Pumpkin seed oil has a low smoke point, so it's unsuitable for cooking or frying.

TIP: Store in the fridge after opening.

Toasted Pumpkin Seed Oil, \$19, latourangelle.com.

DIY

Pumpkin Spice

Mix together 1 tbsp ground cinnamon, 1 tbsp ground ginger, 1 tsp allspice, 1/2 tsp ground cloves and 1/2 tsp ground nutmeg. Sprinkle on your latte or roasted squash, add to salad dressings or pancake batter, mix into maple syrup, or gift it to your besties.



Pepitas: Green pumpkin seeds, which are high in protein, zinc and magnesium. Try them whole, raw or roasted.



A brief history of the pumpkin

7200 BC

Pumpkins grow wild in Mexico.

1600s

Colonists fill pumpkins with milk, spices and honey, then bake them in hot ashes.

1796

Amelia Simmons' *American Cookery*, the first stateside cookbook, includes a recipe for pumpkin pudding.

1882

E.D. Smith, maker of pumpkin puree (and countless jams and pie fillings), is founded in Ontario's Niagara Peninsula.

1966

It's the Great Pumpkin, Charlie Brown airs for the first time.

Early 1970s

John Howden develops the Howden field pumpkin in Massachusetts. It's still the most popular variety for carving jack-o'-lanterns.

2003

Starbucks launches the PSL (that's pumpkin spice latte).

2014

Starbucks launches a PSL Twitter account, @TheRealPSL. "You know what, today I'm going no whip. #DontJudge #IAmAnIndividual."

2016

Starbucks has sold more than 200 million PSLs. Cereals, chocolates and chips now come in pumpkin spice flavour.

VERSATILE CHICKEN: in a class by itself!

Quick and easy chicken recipes earn high marks from families.



Back-to-school time can be a test for the best of us, but one solution that always passes with high grades is an easy-to-prepare meal made with tasty, wholesome chicken, proudly raised by a Canadian farmer.

Enter for a chance to win* a
\$5,000
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To enter, go to Cityline.ca/chicken

*No purchase necessary. Open to residents of Canada (including residents of Quebec), over the age of majority. Contest closes October 26, 2016 at 11:59:59 PM (ET). One prize available to be won, consisting of one Fall "Shopping Spree" (valued at approximately CAD \$5,000). One entry per person. Odds of winning depend on number of eligible entries received. Must correctly answer a mathematical skill-testing question to win. Entry form and full contest rules at <http://platform.cityline.com/chickenfarmers2016/en/>.

EASY HERBED BAKED CHICKEN

For this and more recipes,
visit chicken.ca

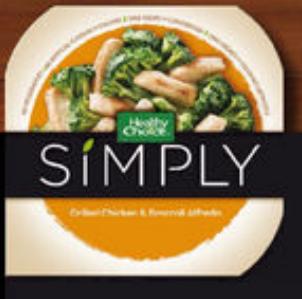


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Thanksgiving miracle

Turkey? Check. Gravy? Check. Garlic mash? You bet. This year's holiday meal includes all the traditional favourites, tweaked for maximum flavour and minimal stress

Photographs by ERIK PUTZ Food styling by MICHAEL ELLIOTT Prop styling by RAYNA SCHWARTZ

Get this
meal on
the table in
less than
4 hours!
P. 107

Butterflied
Roast Turkey
with Gravy
P. 107

PRO TIP

Spatchcock the turkey

This technique is the key to a juicy bird with perfectly browned skin, and it cooks in half the time.

Find out how on page 107.



►
Homemade
Cranberry Sauce
P. 109

D-RIMMED GLASSES, HUCCO

GLASS, SMALL BOWL, GOLD RIM, LARGE BOWL, GOLD RIM, CECCO

Leek, Hazelnut &
Dried Pear Stuffing
P. 109



Roasted Sugar & Spice
Kabocha Squash
P. 110



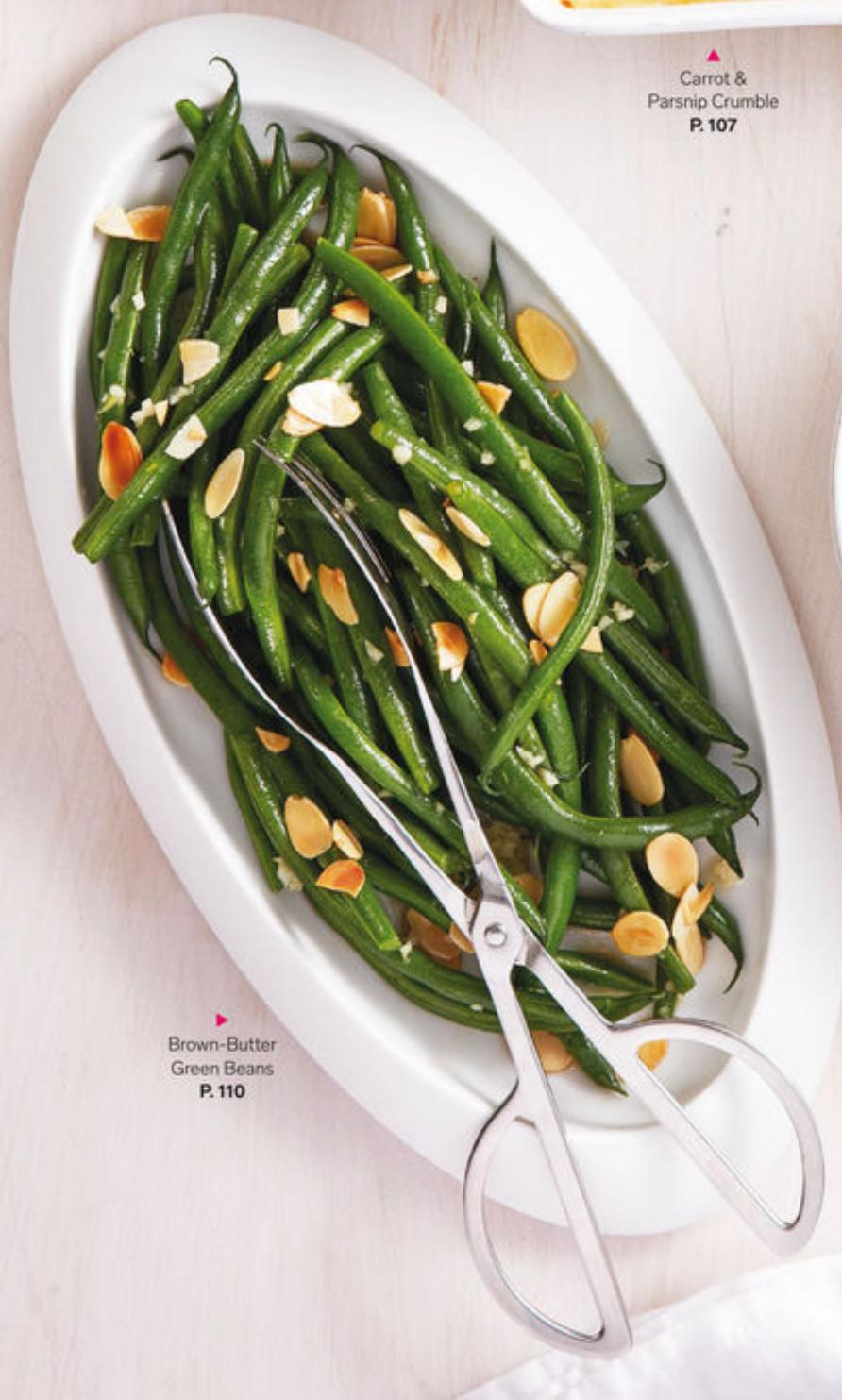
PRO TIP

Have containers at the ready

Guests can then help themselves to leftovers.



Carrot &
Parsnip Crumble
P. 107



Brown-Butter
Green Beans
P. 110



Roasted Garlic
Mashed Potatoes
P. 109



Butterflied Roast Turkey with Gravy

Serves 8

Prep 30 min; total 2 hours 20 min

1/2 cup butter, at room temperature
1/4 cup chopped fresh thyme
1/4 cup chopped fresh sage
1 tsp salt
6-kg turkey (thawed if purchased frozen)

GRAVY

3 cups water
2 bay leaves
2 tbsp butter
1/4 cup all-purpose flour
1 cup dry sherry

1. Preheat oven to 450°F. Set a large wire rack on a large rimmed baking sheet. Stir 1/2 cup butter with thyme, sage and salt in a small bowl. 2. Pat turkey dry with paper towels. Reserve giblets for gravy. Spatchcock the turkey (see sidebar). Rub herbed butter underneath and over skin of turkey. Season with fresh pepper. Arrange turkey on top of rack so that it doesn't spill over the edges. 3. Roast turkey in centre of oven for 30 min. Reduce heat to 400°F. Cover turkey with foil if it is browning too quickly. Continue roasting, rotating halfway through, until an instant-read thermometer inserted into the thickest part of the breast registers 170°F, and the thighs register at least 180°F, 1 hour to 1 hour 10 min more.

4. To make gravy, coarsely chop the neck, backbone and giblets. Cover with water in a saucepan and add bay leaves. Boil, then reduce heat to medium. Gently boil until liquid is reduced to 2 cups, about 45 min. Strain through a fine-mesh strainer into a measuring cup and discard solids. Skim off any fat from the surface of the broth. 5. Melt 2 tbsp butter in a medium saucepan over

medium-high. Add flour and cook, stirring constantly until flour is golden brown, about 1 min. Whisking constantly, add sherry and cook until mixture is smooth, 1 min. Add broth in a thin, steady stream until combined. Boil, then reduce heat to medium-low. Simmer until gravy is reduced to about 2 cups, about 20 more min. Season with fresh pepper. Cover to keep warm. 6. Transfer turkey to a cutting board. Tent loosely with foil and let rest for 20 min before carving. Carefully pour any juices from baking sheet through a fine-mesh strainer into a liquid measuring cup. Skim off excess fat and discard. Whisk juices into gravy. **Per serving** 451 calories, 70 g protein, 7 g carbs, 22 g fat, 349 mg sodium. Excellent source of vitamin B6. **Kitchen Tip** Squeamish about spatchcocking? Ask the butcher to cut out the backbone from the turkey.

Carrot & Parsnip Crumble

Serves 8

Prep 20 min; total 1 hour 20 min

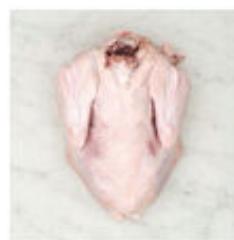
1/2 cup butter, divided
2 onions, chopped
1/4 cup all-purpose flour
1 1/2 cups low-sodium vegetable broth
1 cup 35% cream
1 tbsp Dijon mustard
2 tsp honey
1/4 tsp salt
1/4 tsp nutmeg
500 g parsnips, peeled and cut into quarters lengthwise
500 g carrots, peeled and cut into quarters lengthwise
1 1/2 cups bread crumbs
1/2 cup grated parmesan
1 tsp crumbled dried sage

1. Preheat oven to 400°F. Melt 1/4 cup of butter in a large

STEP BY STEP How to spatchcock a turkey

You will need: **kitchen shears** ↗

The Chatelaine kitchen team tested and loved the OXO Good Grips Spring-Loaded Poultry Shears, \$38, danescoinc.com.



STEP 1
Place dried turkey breast-side down on a clean surface.



STEP 2
Use sharp poultry shears to cut along both sides of the backbone from end to end. Reserve backbone for gravy.



STEP 3
Turn turkey breast-side up. Press hand on 1 side of breast and press hard until bone cracks. Repeat on other side.

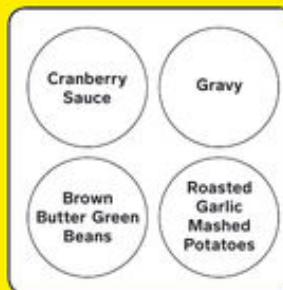


STEP 4
Place turkey on a rack over a rimmed baking sheet. Season according to recipe directions, then roast.

STRATEGY Stovetop and oven

Our menu was designed so that all of the baked or roasted recipes cook at the same temperature and have their own stovetop or oven position.

Bonus: The spatchcocked turkey cooks quickly and takes up way less space than the usual bird.



top rack	Carrot & Parsnip Crumble
centre rack	Butterflied Roast Turkey and Stuffing
bottom rack	Roasted Sugar & Spice Kabocha Squash; garlic for Roasted Garlic Mashed Potatoes

PRO TIP

Lay out your table in advance

Label serving dishes with designated foods and count out serving utensils, cutlery, napkins and plates. Make sure everything fits on your table and/or your buffet.



Pumpkin Crème Brûlée
with Fall White
Chocolate Bark
P. 110

pot over medium-high. Add onions and cook until soft, about 8 min. Stir in flour for 1 min. Whisk in broth until smooth. Whisk in cream, Dijon, honey, salt and nutmeg. Cook, whisking constantly, until mixture thickens slightly, about 2 min.

2. Place parsnips and carrots in a 9x13-in. baking dish. Pour sauce over top, tossing to coat. Cover with foil. Bake in top third of oven, until parsnips are easily pierced with a knife, 40 to 50 min. Microwave remaining butter in a bowl until melted. Stir in bread crumbs, parmesan and sage. Sprinkle over vegetables. Continue baking, uncovered, until golden, about 10 min.

Per serving 368 calories, 9 g protein, 37 g carbs, 22 g fat, 5 g fibre, 551 mg sodium. Excellent source of vitamin A.

Leek, Hazelnut & Dried Pear Stuffing

Serves 8

Prep 25 min; total 1 hour 15 min

- 12 cups cubed sourdough or crusty French bread, about 1 loaf
- 2 tbsp butter
- 3 garlic cloves, minced
- 2 leeks, halved and sliced (white and pale green parts only)
- 2 celery stalks, thinly sliced
- 1 cup chopped dried pears
- 2 tsp chopped fresh thyme

THANKSGIVING GAME PLAN

What to do when

Yes, you can bang out this meal in under four hours, but for an even breezier time, break the prep work up over a couple of days. Here's what we suggest.

Stuffing swaps

Omit sourdough, dried pears and hazelnuts and replace with a loaf of



CORBREAD
plus 1 cup chopped dried apples and 2 tbsp fresh sage. Omit thyme.

OR



ITALIAN LOAF
plus 1 cup cooked hot Italian sausage, 1/4 cup sliced roasted red peppers and 1 tsp dried basil. Omit thyme.

OR



CHALLAH
plus 1 cup cooked wild mushrooms and 1/4 cup chopped roasted chestnuts.

NO LIQUEUR?
Simmer 1/2 cup port and 1 cinnamon stick with cranberries.



- 3/4 tsp salt
- 1/2 cup chopped parsley
- 3/4 cup toasted skinned hazelnuts, chopped
- 2 tsp poultry seasoning
- 1 cup no-salt vegetable or chicken broth

1. Preheat oven to 400 F. Spread bread cubes in single layer on a large rimmed baking sheet. Toast in centre of oven, stirring halfway, until golden, about 15 min.
2. Melt butter in a large wide saucepan over medium-high. Add garlic, leeks, celery, pears, thyme and salt. Stir occasionally until leeks are softened, 5 to 8 min. Remove from heat. Stir in toasted bread, parsley, hazelnuts and poultry seasoning. Season with fresh pepper. Stir in broth. Transfer to a large baking dish. Cover loosely with foil.
3. Bake in centre of oven for 30 min. Remove foil and continue baking until golden, about 5 more min.

Per serving 410 calories, 14 g protein, 66 g carbs, 13 g fat, 7 g fibre, 784 mg sodium. Excellent source of folate.

Homemade Cranberry Sauce

Makes 1 1/2 cups

Prep 5 min; total 20 min

- 340 g frozen or fresh cranberries (about 3 cups)
- 1 1/2 cups granulated sugar
- 1/2 tsp allspice
- 1 tbsp Grand Marnier liqueur

1. Combine cranberries with sugar and allspice in a medium saucepan over medium-high. Boil until cranberries release their juices, 2 min. Reduce heat to medium-low. Simmer until sauce starts to thicken, 12 to 15 more min. Stir in liqueur.

Per tbsp 57 calories, 15 g carbs, 1 g fibre.

Roasted Garlic Mashed Potatoes

Serves 8

Prep 15 min; total 1 hour 15 min

- 2 heads garlic
- 1 tsp olive oil
- 4 large baking potatoes (1.5 kg), peeled and cubed
- 1/2 cup sour cream
- 1/4 cup chopped chives
- 3 tbsp butter
- 1/2 tsp salt
- white pepper (optional)

1. Preheat oven to 400 F. Place garlic heads on a large piece of foil. Slice off tops of garlic and drizzle with olive oil. Wrap in foil. Bake in centre of oven until golden, about 50 min. Cool and squeeze the bottoms of the heads to release the cloves.
2. Boil potatoes in a large pot of water until very tender, 15 to 20 min. Drain potatoes. Press potatoes with garlic through a ricer in batches back into same pot over medium-low. Stir in sour cream, chives, butter and salt until potatoes are warmed.

2 DAYS BEFORE

- Prep crème brûlée to the point of refrigerating.
- Make bark and freeze.
- Prep heads of garlic and bake for 50 min.
- Prep herbed butter for turkey. Refrigerate.
- Make cranberry sauce. Refrigerate.

1 DAY BEFORE

- Toast bread for stuffing. Skin hazelnuts. Store in containers.
- Cut squash into wedges. Refrigerate.
- Blanch beans. Refrigerate.

4 HOURS BEFORE

- Set table (see Pro Tip, page 108).
- Prep stuffing to the point of covering with foil.

through. Season with fresh white pepper.

Per serving 202 calories, 5 g protein, 31 g carbs, 7 g fat, 2 g fibre, 193 mg sodium. Excellent source of vitamin B₆.

Roasted Sugar & Spice Kabocha Squash

Serves 8

Prep 15 min; total 45 min

2 large kabocha squash, about 2 kg
1/4 cup olive oil
1/4 cup brown sugar
4 tsp sriracha sauce
1 tsp cinnamon
1/2 tsp salt

1. Position rack in bottom of oven. Preheat to 400°F. Line a large baking sheet with foil. Pierce each squash with a sharp paring knife a few times. Microwave squash on high for 2 to 3 min. Cut each in half. Remove and discard seeds. Cut each half into 5 wedges.

2. Whisk oil with sugar, sriracha, cinnamon and salt. Toss or brush squash with mixture until well coated. Arrange in 1 layer on prepared sheet. Roast in bottom of oven until squash is fork-tender, 30 to 35 min. **Per serving** 171 calories, 2 g protein, 29 g carbs, 7 g fat, 4 g fibre, 183 mg sodium. Excellent source of vitamin C.

Kitchen Tip Can't find kabocha? Substitute butternut, buttercup or acorn squash.

Brown-Butter Green Beans

Serves 8

Prep 20 min; total 20 min

1 kg green beans, trimmed
1/3 cup butter
1/2 cup sliced almonds
2 garlic cloves, minced
1/4 tsp salt

1. Bring a large pot of water to a boil. Add green beans and cook until tender-crisp, 3 to 4 min. Drain well and rinse under cold running water. Pat dry with a kitchen towel. 2. Melt butter in a large frying pan over medium. Stir when it starts to become bubbly, 1 to 2 min. Remove from heat when butter turns brown. 3. Add almonds, garlic and salt. Stir for 30 sec, then add beans. Toss until well coated. **Per serving** 138 calories, 3 g protein, 9 g carbs, 11 g fat, 3 g fibre, 129 mg sodium.

Pumpkin Crème Brûlée

Serves 8

Prep 15 min; total 7 hours 5 min

2 cups 35% cream
1 cup 2% milk
1 cup canned pumpkin purée
1/2 cup granulated sugar
1/2 cup brown sugar
6 egg yolks
2 tsp vanilla
2 tsp pumpkin pie spice
1/4 tsp salt

TOPPING

5 tbsp granulated sugar
+ 1 tsp

3 HOURS BEFORE

- Preheat oven to 450°F.
- Prep turkey. Roast for 30 min, then reduce heat to 400°F.
- Boil turkey giblets and bones with water for gravy.
- Peel potatoes for mash. Keep covered in pot.

2 HOURS BEFORE

- Put Carrot & Parsnip Crumble in top third of oven 50 min before turkey is due to come out.
- Put squash in bottom of oven 30 min before turkey comes out.

1 HOUR BEFORE

- Boil potatoes. When cooked, mash and keep warm.
- Let turkey rest, covered with foil, 20 min.
- Put stuffing in oven.

HALF AN HOUR BEFORE

- Make gravy.
- Warm cranberry sauce.
- Make green beans.
- Carve turkey. Plate side dishes.

AFTER DINNER

- Sprinkle pumpkin custard with sugar. Caramelize with kitchen torch.
- Break frozen bark into pieces. Serve with crème brûlée.

PRO TIP

Accept help

Do not take it upon yourself to do all the cleanup. If your family and guests sat around watching you cook, they can stand by the sink for a few minutes to wash dishes.

Fall White Chocolate Bark

Serves 8

Prep 15 min; total 35 min

200 g white chocolate, coarsely chopped
1 tbsp coconut oil
1/4 cup toasted pumpkin seeds
3 tbsp dried cranberries, roughly chopped
4 dried apricots, finely chopped

1. Line a baking sheet with parchment. Microwave chocolate with coconut oil on medium in a medium bowl, stirring every 30 sec, until smooth, about 2 min.

2. Pour chocolate onto prepared baking sheet. Use a spatula to spread mixture into an 8×8-in. square. Smooth top.

3. Sprinkle with pumpkin seeds, cranberries and apricots.

4. Freeze until firm, at least 20 min. Break into pieces and serve with Pumpkin Crème Brûlée.

Per serving 190 calories, 3 g protein, 20 g carbs, 12 g fat, 1 g fibre, 24 mg sodium.

AND
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sausage &
mushroom
**POT *
PIES**
P. 117



DITCH
THE SUGAR.
* RIGHT NOW,
* WE'RE ALL ABOUT
SAVOURY GOODS

photography by
ROBERTO CARUSO

styling by
ASHLEY DENTON



PRO TIP

Strudel can be made ahead right up to the step before baking. Refrigerate, covered, overnight, and add 5 more minutes to the bake time.

* turkey &
mushroom *
*STRUDELs
* P. 117 *





*EMPAÑADAS



CHIMICHURRI
*P. 118 *



smoked
gouda
DINNER MUFFINS
P. 117

 **PRO TIP**
Caramelized onions
are stirred through
the batter for a
savoury-sweet hit.
To cut down on prep
time, buy them
pre-made from the
deli section.

Smoked Gouda Dinner Muffins

Makes 12 muffins

Prep 30 min; total 55 min

1/2 cup canola oil (+ 1 tbsp)
2 large onions, thinly sliced (about 3 cups)
2 cups all-purpose flour
2 tsp baking powder
1 Bosc pear, peeled and grated
1 cup grated smoked gouda, divided
1/2 tsp salt
2 eggs
2/3 cup buttermilk

1. Heat a large frying pan over medium. Add 1 tbsp oil, then onions. Cook, stirring occasionally, until caramel coloured, 12 to 15 min. Let cool, then coarsely chop.
2. Preheat oven to 375°F. Line a 12-cup muffin pan with paper liners. Stir flour with baking powder, pear, $\frac{1}{2}$ cup cheese and salt in a medium bowl.
3. Whisk eggs with buttermilk, remaining $\frac{1}{2}$ cup oil and onions in a large bowl. Stir in flour mixture just until combined. Divide batter among muffin cups. Sprinkle with remaining $\frac{1}{2}$ cup cheese.
4. Bake in centre of oven until a skewer inserted into the centre of a muffin comes out clean, about 20 min. Serve warm or at room temperature. Muffins will keep well in freezer up to 1 month.
Per muffin 237 calories, 7 g protein, 21 g carbs, 14 g fat, 1 g fibre, 250 mg sodium.

Sausage & Mushroom Pot Pies

Serves 6

Prep 20 min; total 55 min

4 hot Italian sausages, casings removed
1 onion, thinly sliced

142-g pkg baby spinach
1/4 cup butter, divided
2 227-g pkgs cremini mushrooms, quartered
3 tbsp all-purpose flour
2 cups milk
1/2 cup sliced sun-dried tomatoes
100 g mozzarella, cut into $\frac{1}{2}$ -in. cubes ($\frac{3}{4}$ cup)
1/2 450-g pkg puff pastry, preferably President's Choice
1 egg yolk, beaten
1/4 tsp Italian seasoning

1. Preheat oven to 400°F. Arrange 6 8-oz ramekins on a baking sheet.
2. Heat a large frying pan over medium-high. Add sausage meat and onion. Cook, breaking up sausage with a fork, until no pink remains, about 5 min. Add spinach, stirring until wilted, 1 min. Using slotted spoon, transfer to a large bowl. Add 1 tbsp butter, then mushrooms to same pan and cook until softened, about 5 min. Add to sausage mixture.
3. Melt remaining 3 tbsp butter in same pan over medium. Whisk in flour and continue whisking until mixture turns into a paste, about 1 min. Slowly whisk in milk, cooking until sauce thickens, about 3 min. Stir in tomatoes, sausage mixture and cheese just until combined.
4. Divide among ramekins. Cut puff pastry into 6 squares or rectangles. Cut a large slit on top of each. Cover each pie with puff pastry, pressing edges of dough against rim of dish, or fold into the sides, stretching to fit if needed. Brush with egg yolk. Sprinkle with Italian seasoning. Bake until crust is golden, about 18 min.
Per serving 568 calories, 24 g protein, 36 g carbs, 14 g fat, 4 g fibre, 934 mg sodium. Excellent source of vitamin A.

Turkey & Mushroom Strudels

Serves 8

Prep 35 min; total 2 hours

3 tbsp butter, divided
4 cups sliced assorted mushrooms (such as oyster, shiitake and cremini)
2 shallots, thinly sliced
1 garlic clove, minced
2 tbsp all-purpose flour
1/2 cup white wine
1 1/2 cups low-sodium chicken broth
4 cups cooked turkey strips
1/4 cup chopped peeled and roasted chestnuts
1/4 cup chopped parsley
2 tsp Dijon mustard
2 tsp lemon juice
1/4 tsp salt

TO ASSEMBLE

1/4 cup butter
2 tsp chopped thyme
8 sheets phyllo pastry

1. Line a large baking sheet with parchment. Melt 1 tbsp butter in a large frying pan over medium-high. Add mushrooms, shallots and garlic. Cook until mushrooms are tender, 3 to 4 min. Add remaining 2 tbsp butter, then flour. Cook, stirring constantly, for 30 sec. Add white wine and cook for 2 min. Add broth and cook, stirring often, until thickened, about 4 min. Stir in turkey, chestnuts, parsley, Dijon, lemon juice and salt. Season with fresh pepper. Transfer to a bowl and refrigerate until cool, about 1 hour.
2. Preheat oven to 400°F. Microwave $\frac{1}{4}$ cup butter with thyme in a small bowl until melted, 1 min.

Place 1 sheet of phyllo on work surface with long edge facing you, keeping remainder covered with a damp towel to prevent drying out. Brush lightly with some of the butter mixture. Top with 3 more sheets phyllo, brushing each lightly with butter mixture. Divide filling in half. Leaving a 2-in. border at both short edges of stack and starting 1 in. from closest long edge, spoon half of filling in a 4-in.-wide strip over phyllo. Fold in short sides and roll up tightly. Place, seam-side down, on prepared sheet, and make diagonal slashes in pastry to let steam out. Repeat with remaining 4 sheets phyllo and filling. Brush with any remaining butter.

3. Bake until golden, 15 to 18 min. Let cool for 5 min.
Per serving 312 calories, 24 g protein, 25 g carbs, 15 g fat, 2 g fibre, 434 mg sodium. Excellent source of vitamin B₁₂.

PRO TIP
 Make these with leftovers from our Butterflied Roast Turkey recipe on page 107.



Empanada Dough**Makes 18 5-in. circles**

Prep 10 min; total 10 min

2 1/4 cups all-purpose flour
 1/4 tsp salt
 1/2 cup cold unsalted butter, cubed
 1 egg, lightly beaten
 3 tbsp cold water

1. Whirl flour and salt in a food processor. Pulse in butter until crumbs form. With motor running, add egg and water until dough comes together.
2. Remove dough to a lightly floured surface. Knead 1 or 2 times and form into 2 discs. Wrap in plastic wrap and refrigerate until ready to use, at least 1 hour or up to 3 days.

Per circle 110 calories, 2 g protein, 10 g carbs, 7 g fat, 33 mg sodium.

Potato & Chorizo Empanadas**Makes 18 empanadas**

Prep 45 min; total 1 hour 20 min

125 g cured chorizo sausage, finely diced (1 cup)
 1 cup finely chopped onion
 2 garlic cloves, minced
 1 cup peeled and diced baking potato
 1/4 cup water
 1 cup finely diced roasted red pepper

TO ASSEMBLE

1 batch Empanada Dough (2 discs)
 1 egg, beaten

1. Heat a large non-stick frying pan over medium-high. Add chorizo and cook until slightly crisp, about 2 min. Add onion and garlic. Cook until onion starts to soften, 3 min. Stir in potato and water. Simmer, covered, until potatoes are just tender, 8 to 10 min. Season with fresh pepper. Stir in red pepper and remove from heat.

2. Preheat oven to 375 F. Line a large baking sheet with parchment.

3. Roll 1 disc empanada dough until 1/8-in. thick. Use a 5-in. cutter to cut out circles. Repeat with remaining disc. Gather and re-roll scraps to cut out remaining circles.
4. Place 1 heaping tbsp of filling on each round. Brush edges with beaten egg and fold dough over the filling, forming a half-circle. Press to seal. Crimp edges (see sidebar). Arrange empanadas on their sides on prepared baking sheet. Brush with remaining egg.
5. Bake until golden brown, 30 to 35 min. Serve warm or cool, or freeze up to 2 weeks. Reheat in a 350 F oven for 15 min.

Per empanada 157 calories, 4 g protein, 13 g carbs, 10 g fat, 1 g fibre, 123 mg sodium.

Chimichurri Dip**Makes 1 cup**

Prep 15 min; total 15 min

2 green onions, coarsely chopped
 1 shallot, coarsely chopped
 1 garlic clove
 1/2 cup coarsely chopped cilantro
 1/4 cup coarsely chopped parsley
 1 tbsp oregano leaves
 1/4 tsp salt
 2/3 cup olive oil
 2 tbsp white-wine vinegar

1. Whirl onions, shallot, garlic, cilantro, parsley, oregano and salt in a food processor until finely chopped. With motor running, slowly pour in oil and vinegar. Sauce should still have a bit of texture. Serve with empanadas.

Per tbsp 83 calories, 1 g carbs, 9 g fat, 38 mg sodium.

BIG CRIMPIN'

► The crimp on an empanada not only keeps the juicy fillings in, it can also differentiate between the fillings if you're making multiple variations. With some practice, you can master pleats, frills, ropelike twists and more. But if you're pressed for time, just use a fork to crimp.

Recipes for variations at chatelaine.com

CLASSIC Starting at 1 corner of sealed empanada, fold a triangle of dough down to seal, then fold down a second triangle right next to the first. Press it down to seal, then repeat, continuing all the way around the edge.



FOLDED SEAM, FORK
 Fold sealed edges over to form a 1/4-in. border, then use a fork to crimp.



FRILLED Pinch and gather sealed edges every 1/2 in. or so.



FORK Use the tines of a fork to crimp all around the edges.



PLEATED Gather sealed edges together with fingers to form a pleat.



STANDING CLASSIC
 Follow directions for Classic crimp, then stand empanadas on a baking sheet, pressing gently to flatten bottoms.

NATURAL WAYS TO *stay healthy*

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HOW TO GET *beautiful hair*

The change of seasons, an unbalanced diet, stress and hormone variations affect hair and nails and can become dull and brittle. Restore glowing health to hair and nails: use Nutricap natural products.

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3 GIVING MEN *a boost!*

Around the age of 40, the male body begins to gradually lose its resilience and vitality. **Formen** is specifically designed to sustain a man's well-being.

Owing to its unique combination of vegetable-sourced active ingredients and specific nutrients, **Formen** helps strengthen a man's physical and intellectual performance while maintaining a healthy prostate.



4 LIVING WELL *with menopause*

Menopause comes with certain physical and emotional changes. To help you get through this period as smoothly as possible and maintain a youthful look, discover **Menoconfort**.

These natural remedies contain specific nutrients such as plant isoflavones, essential fatty acids, vitamins and minerals, to provide an effective relief of the symptoms women experience during menopause. Using **Menoconfort** solutions help to reduce hot flashes, night sweats as well as regulate emotional balance and sleep in order to live a better life with confidence.





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*In Canada, all pork and poultry is raised without the use of hormones.

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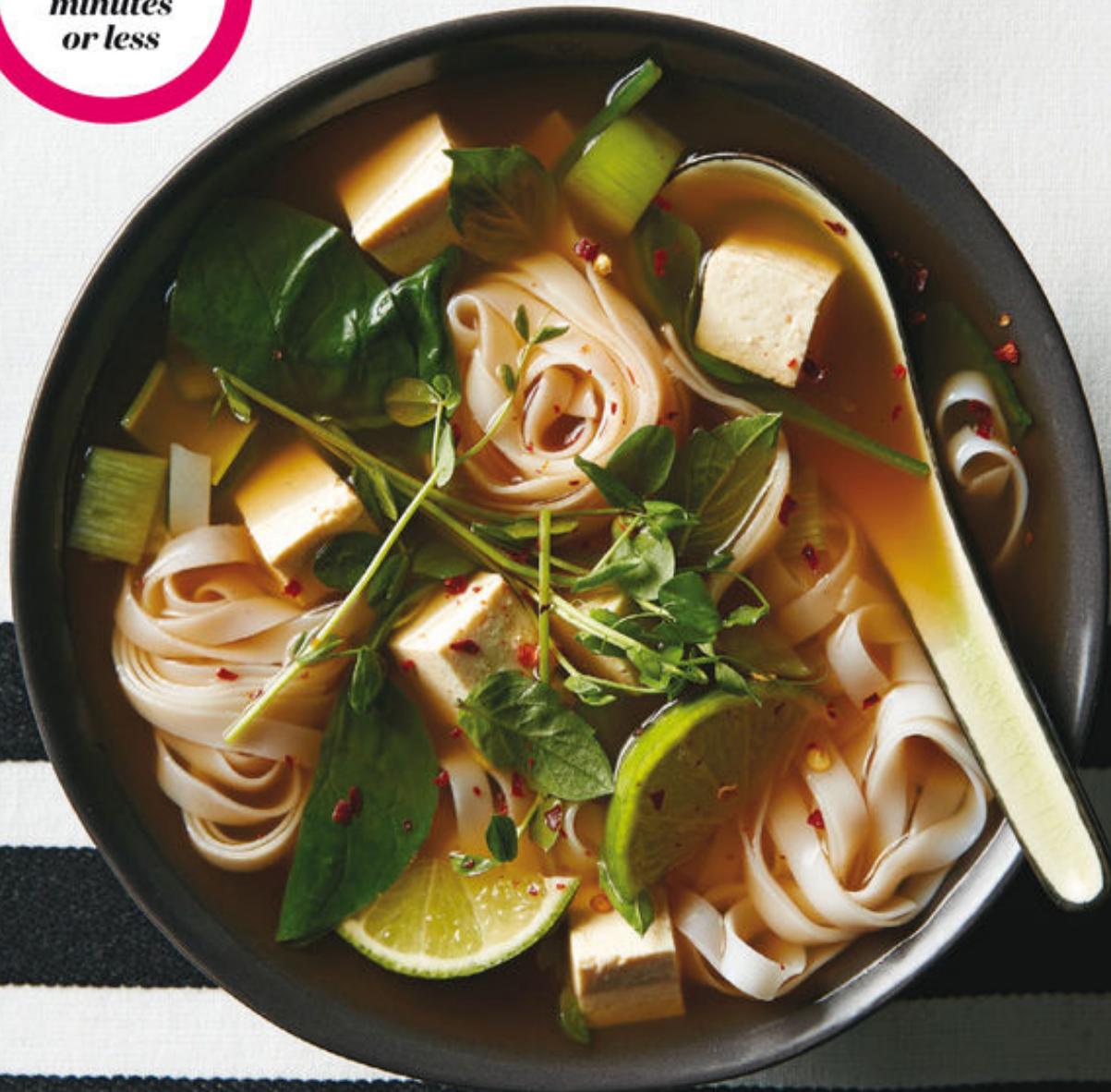


CRAVE MORE

The Dinner Plan

One shopping list, five easy weeknight meals

35
minutes
or less



Monday

Gingery Tofu & Rice Noodle Soup

Ready in 30 min Serves 4

**Tuesday**

Mushroom Salad with Fennel & Goat Cheese
Ready in 25 min Serves 4

**Wednesday**

Polenta with Mushrooms & Fried Egg
Ready in 25 min Serves 4

**Thursday**

Pork Chops with Warm Apples
& Parsnip Purée
Ready in 35 min Serves 4

**Friday**

Chipotle-Garlic Chicken Pasta
Ready in 30 min Serves 4

The

SQUEEZING IN SOME “WE” TIME

recipe

**Crunchy Chocolate Chip
Peanut Butter Snack Bites**



MIX



ROLL



CHILL

Find this recipe and more at sticktogether.ca



Grocery list

PRODUCE

- 1 onion
- 1 Yukon Gold potato
- 1 454-g bag parsnips
- 2 cups baby spinach
- 2 cups fresh bean sprouts
- 1 fennel bulb
- 142-g pkg arugula
- 2 zucchini
- 3 leeks
- 4 227-g pkgs sliced cremini mushrooms
- 1 bunch cilantro
- 1 pkg sage
- 1 head garlic
- fresh ginger
- 1 gala apple
- 2 lemons
- 2 limes

PROTEIN

- 4 skinless, boneless chicken thighs
- 4 bone-in pork chops
- 350-g pkg extra-firm tofu

DAIRY

- 35% cream
- wedge of parmesan
- 113-g pkg goat cheese

DRY GOODS

- fusilli
- flat rice noodles
- chicken broth
- vegetable broth
- tomato paste
- chipotles in adobo sauce
- fine cornmeal
- walnuts

BAKERY

- demi-baguette

CHECK YOUR PANTRY

FOR canola oil, low-sodium soy sauce, Dijon mustard, granulated sugar, 1 cinnamon stick, salt, pepper, bourbon, butter, milk, 4 eggs.



MONDAY

Gingery Tofu & Rice Noodle Soup

Serves 4

Prep 10 min; total 30 min

- 900 mL vegetable broth
- 4 cups water
- 3 medium leeks, white and light green parts only, chopped
- 1 cinnamon stick
- 2 tbsp minced fresh ginger
- 125 g flat rice noodles
- 350 g extra-firm tofu, drained and diced
- 1 tbsp low-sodium soy sauce
- 2 cups baby spinach
- 2 cups fresh bean sprouts or pea shoots
- 1/4 cup chopped cilantro or basil or mint lime wedges (optional)

1. Boil broth with water, leeks, cinnamon and ginger in a large pot. Reduce heat to medium. Gently boil for 10 min. Remove and discard cinnamon stick. Stir in noodles, tofu and soy. Cook until noodles are tender, about 10 min. Stir in spinach during the last min of cooking.

2. Divide soup among 4 bowls. Top with bean sprouts and cilantro. Serve with lime wedges squeezed overtop.

Per serving 303 calories, 18 g protein, 47 g carbs, 7 g fat, 4 g fibre, 943 mg sodium. Excellent source of vitamin A.



TUESDAY

Mushroom Salad with Fennel & Goat Cheese

Serves 4

Prep 10 min; total 25 min

- 3 tbsp butter, divided
- 1 demi-baguette, cubed (3 cups)
- 4 227-g pkgs sliced cremini mushrooms
- 1 garlic clove, minced
- 1 tbsp finely chopped sage
- 1/4 tsp salt, divided
- 3 tbsp canola oil
- 2 tsp lemon zest
- 2 tbsp lemon juice
- 1/2 tsp Dijon mustard
- 1/2 fennel bulb
- 142-g pkg arugula
- 1/2 113-g pkg goat cheese, crumbled
- 1/2 cup finely chopped walnuts

1. Melt 1 tbsp butter in a large frying pan over medium-high. Add bread cubes. Toast, stirring often for 3 to 4 min. Transfer to a plate.

2. Return pan to heat over medium-high. Add mushrooms. Cook, stirring often, until mushrooms are golden brown, about 12 min. Add remaining 2 tbsp butter, garlic, sage and 1/8 tsp salt. Reserve 1 1/2 cups mushrooms for Polenta with Mushrooms & Fried Egg.

3. Whisk oil with lemon zest, juice, Dijon and 1/8 tsp salt in a large bowl. Core and thinly slice fennel. Reserve fronds. Toss fennel, arugula and croutons with dressing. Divide salad among 4 plates. Top with mushrooms, goat cheese and walnuts.

Per serving 444 calories, 14 g protein, 36 g carbs, 30 g fat, 7 g fibre, 548 mg sodium.



WEDNESDAY

Polenta with Mushrooms & Fried Egg

Serves 4

Prep 10 min; total 25 min

- 1 tbsp butter
- 1/2 fennel bulb, finely chopped
- 1 1/2 cups reserved cooked mushrooms (from Mushroom Salad)
- 2 tsp lemon juice
- 2 1/2 cups milk, divided
- 1 cup water
- 1/2 tsp salt
- 3/4 cup fine cornmeal
- 1/2 cup grated parmesan
- 1 tsp canola oil
- 4 eggs
- reserved fennel fronds (from Mushroom Salad)

1. Melt butter in a large frying pan over medium. Add fennel and cook until tender, about 10 min. Stir in mushrooms until warm, 1 min. Stir in lemon juice. Transfer to a plate.

2. Boil 2 cups milk, water and salt in a saucepan. Reduce heat to low. Whisk in cornmeal and simmer until thickened, 2 to 3 min. Remove from heat and let stand for 2 min. Whisk in remaining 1/2 cup milk and parmesan.

3. Return frying pan to burner over medium. Add oil. Crack eggs into pan. Cook, covered, until whites are set but yolks are still runny, 2 to 3 min.

4. Divide polenta among 4 plates. Top with mushroom mixture, then egg. Sprinkle with fennel fronds.

Per serving 364 calories, 19 g protein, 38 g carbs, 15 g fat, 4 g fibre, 626 mg sodium.



Good things come in bunches.

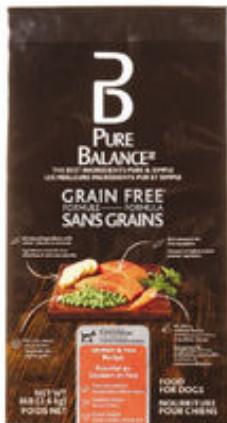
The easier and more delicious, the better. Grapes from California elevate ordinary dishes, transforming snacking and refreshing your taste buds. Explore grapes and their endless possibilities at grapesfromcalifornia.com



October spotlight

This year, *Chatelaine* partnered with Product of the Year Canada to identify the best new goods on the market. Here are some of the winners.

CHATELAINE presents



Pure Balance Salmon & Pea Grain Free Dog Food

Winner in the Animal Products Category

Retail Price: \$14.95 (3.6 kg), \$26.93 (7.2 kg)



sodastream Sparkling Gourmet Flavour Mix
Winner in the Beverages Category

Retail Price: \$7.99



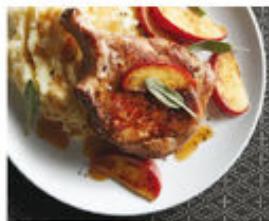
Stacy's Fire Roasted Jalapeño Pita Chips
Winner in the Snack Food Category

Retail Price: \$3.69



Torani Single Cup Coffees
Winner in the K-Cups Category

Retail Price: \$8.99



THURSDAY

Pork Chops with Warm Apples & Parsnip Purée

Serves 4

Prep 15 min; total 35 min

454-g bag parsnips, peeled and cut into $\frac{1}{2}$ -in. pieces
1 Yukon Gold potato, peeled and cut into 1-in. pieces
 $\frac{1}{4}$ cup 35% cream
 $\frac{1}{2}$ tsp salt, divided
4 bone-in pork chops
1 tsp canola oil
1 gala apple, sliced into thin wedges
 $\frac{1}{4}$ cup bourbon or apple juice
2 tbsp cold butter, cubed



FRIDAY

Chipotle-Garlic Chicken Pasta

Serves 4

Prep 15 min; total 30 min

300 g fusilli, about 4 cups
1 tbsp canola oil
4 skinless, boneless chicken thighs, cut into bite-sized pieces
1 onion, chopped
2 garlic cloves, minced
1 cup chicken broth
156-mL can tomato paste
1 to 2 tbsp chopped chipotles in adobo sauce
2 tsp granulated sugar
2 zucchini, diced
 $\frac{1}{4}$ tsp salt
 $\frac{1}{2}$ cup grated parmesan (optional)



Promise Gluten Free High Fibre Multigrain Bread

Winner in the Breads Category

Retail Price: \$6.99

1. Boil parsnips and potato in a pot of water until tender, 15 min. Drain and press through a ricer back into pot. Heat over medium-low, stir in cream and $\frac{1}{4}$ tsp salt until parsnip mixture is warmed through. Remove from heat and keep warm.

2. Sprinkle pork chops with remaining $\frac{1}{4}$ tsp salt. Season with fresh pepper. Heat a large non-stick frying pan over medium. Add oil, then chops. Cook 4 to 5 min per side. Push pork to side of pan, then add apple slices. Cook until tender and golden brown, about 3 min. Transfer pork and apple to a plate and cover with foil. Add bourbon to hot pan and cook until reduced by half, 3 min. Remove from heat and whisk in butter, 1 cube at a time, until combined. Drizzle over pork.

Per serving 469 calories, 30 g protein, 30 g carbs, 21 g fat, 4 g fibre, 410 mg sodium.



Tostitos Rolls! Tortilla Chips

Winner in the Chips Category

Retail Price: \$3.69

1. Cook pasta in a large pot, following package directions but omitting salt, until tender, 7 to 9 min. Drain.
2. Heat a large non-stick frying pan over medium. Add oil, then chicken. Cook until chicken is dark golden, 6 to 8 min. Add onion and garlic. Cook until onion is soft, 3 to 4 min. Stir in broth, tomato paste, chipotles, sugar, zucchini, salt and pasta, scraping up any brown bits from bottom of pan, until warmed through, 1 to 2 min. Divide among 4 plates. Sprinkle with parmesan.

Per serving 530 calories, 35 g protein, 73 g carbs, 11 g fat, 6 g fibre, 549 mg sodium. Excellent source of vitamin B6.



Kitchen tips



When you use cremini mushrooms whole, just trim off the ends.

Polenta can be made ahead. Add $\frac{1}{2}$ cup water or milk, and reheat over low. Whisk well and add more cheese, if desired.



Freeze leftover chopped chipotles in adobo sauce in an ice cube tray, pop out and store in a resealable bag in the freezer.

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New Extra-Firming Mask

Clarins launches its 1st relaxing, anti-ageing mask for visibly younger-looking, smooth and radiant skin in just 10 minutes! Thanks to the cocktails of highly effective key ingredients and its unique ultra-sensorial formula, the Extra-Firming Mask smoothes stress lines, firms and revives radiance.



Clarins.com



iClean by La-Z-Boy

With over 60 stain-resistant options, La-Z-Boy iClean fabrics help you worry less about little mishaps. Capturing spills before they stain, it's perfect for kids, pets, or an unpredictable daily life.

La-Z-Boy.com/iClean



X marks the spot

This fall look for elegant lace-up boots in supple leather and rich autumn tones. Extra points for scoring this season mid-calf trend -perfect with a cropped pant or flowing skirt.

Leather Lace-Up Boot, \$249.99
Marshalls.ca


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Check out this season's latest trends at pickeringtowncentre.com! Find some of the season's uncomplicated, can't live without essentials that will fit your busy life as well as your budget, all found at Pickering Town Centre retailers.

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Loose ends

How to use up leftover ingredients from this month's recipes



1. CHIPOTLE IN ADOBO SAUCE

Spicy Refried Beans
Cook 1 minced garlic clove in 2 tsp canola oil in a medium pot on medium for 30 sec. Stir in 540-mL can black beans, drained and rinsed, 1 cup water, 1 minced chipotle in adobo sauce and 1/4 tsp salt. Boil, then reduce heat to medium-low and simmer until saucy, 12 min. Mash well, then stir in 1 tbsp lime juice. Serve on tortillas with grated cheese, sour cream and sliced green onions.

2. BOURBON

Maple-Walnut Apples
Melt 2 tbsp butter in an extra-large pan on medium-high. Add 3 peeled and sliced gala apples and cook for 5 min. Stir in 2 tbsp each maple syrup and brown sugar and 1 tbsp bourbon. Continue cooking until apples are soft, 6 to 8 min. Serve over ice cream and top with toasted, chopped walnuts.

3. GOAT CHEESE

Baked Dip
Heat 1 tbsp olive oil in a small frying pan over medium. Add 1 minced garlic clove and cook for 30 sec. Remove from heat. Stir in 1 1/2 cups ricotta, 1/2 113-g pkg goat cheese, crumbled, 1 tbsp chopped fresh thyme and 1/4 tsp salt. Season with fresh pepper. Transfer to oven-safe ramekins. Bake at 400°F until golden, 20 min. Serve with thin baguette slices.

4. BABY SPINACH

Easy Chickpea Stew
Cook 1 finely chopped onion in 1 tbsp butter in a large frying pan over medium for 5 min. Stir in 1 tbsp minced ginger, 1 minced garlic clove and 1/2 tsp garam masala for 30 sec. Add 796-mL can whole tomatoes, 540-mL can chickpeas, drained and rinsed, and 1 tsp salt. Boil, then reduce heat and simmer, stirring often, for 15 min. Stir in 3 cups packed baby spinach until wilted, 2 min.

5. SAGE

Brown-Butter Carrots
Boil 1 bunch carrots, peeled and cut into 1-in. pieces, until almost tender, 8 min. Drain well. Melt 2 tbsp butter with 1 tbsp finely chopped sage in a medium frying pan over medium-high. Cook, swirling butter, until browned, 1 to 2 min. Stir in carrots along with 1/2 tsp salt until coated. Season with fresh pepper.



MORE IDEAS
WITH TRISCUIT

Quick bites



Sage

Heat 2 tbsp canola oil in a small pan on medium. Add 12 sage leaves and cook until crisp, 2 min. Drain on a paper-towel-lined plate. Divide 6 prosciutto slices, torn in half, among 12 Triscuit Original Crackers. Drizzle with honey, then top each with a fried sage leaf.



Chipotle

Mash 2 pitted and peeled avocados in a small bowl. Stir in 2 tbsp minced onion, 1 minced chipotle in adobo sauce, 1 tbsp lime juice and 1/4 tsp salt. Spoon over 12 Triscuit Original Crackers. Top with a sprig of cilantro.



Goat Cheese

Cook 1 peeled and diced Bartlett pear with 1 tsp finely chopped rosemary in 1 tbsp butter in a pot on medium-high for 5 min. Stir in 1/2 cup water, 2 tbsp sugar and 1/4 tsp salt. Boil, then simmer until liquid evaporates, 10 min. Spread 12 Triscuit Original Crackers with 1 tsp goat cheese each. Top with pear mixture. Season with fresh pepper.



MEGAN GIBSON

of PB&Jams combined
lemon zest, peanut butter
and blackberry jam.



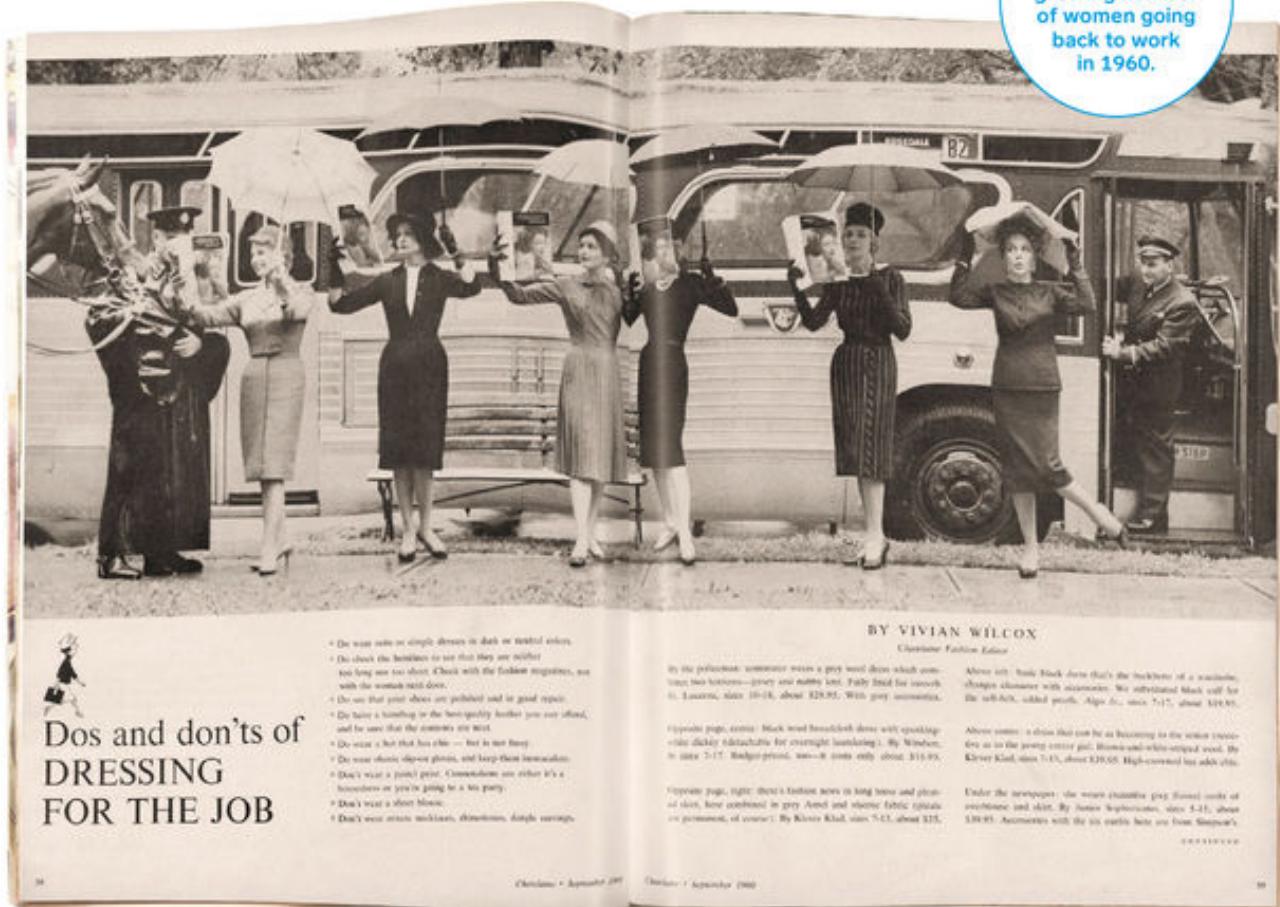
lemon pb jam scuit

WHAT WILL YOU MAKE?



Triscuit madeformore

pinterest.com/triscuitcanada



Dos and don'ts of DRESSING FOR THE JOB

- Do wear nice or simple dresses in dark or neutral colors.
- Do choose the clothes to see that they are neither too long nor too short. Check with the fashion magazines, not with the woman's old dress.
- Do see that your shoes are polished and in good repair.
- Do have a smiling and the sociability another person are offend, and he sees that the committee are nice.
- Do wear a hat that has other — but as not fancy.
- Do wear white gloves, and keep them immaculate.
- Don't wear a pencil dress. Committees are either it's a business or you're going to a tea party.
- Don't wear a short blouse.
- Don't wear socks, stockings, diamonds, diamond earrings,

BY VIVIAN WILCOX

Chapter 10: Fiction Review

by the paleontologist, *Conularia* was a gray wool decor which contained two horizons—grayish and mottled light. Fully lined for comfort. Lassure, size 10-12, about \$28.95. With gray accessories.

Hippolyte page, entire. Black wood bracelet done with spooling—this clicky & detachable for overnight laundering. 1. By Winchell, to stage 7-17. Budget-priced, non-W costs only about \$15-19.

Opposite page, right: these fashion news in Hong Kong and elsewhere, have contributed in great Army and Marine fashion (spite of government, of course). By Kristen Khad, page 5-13, about \$15.

Survey date, 1991-1992, phone 839-0000. High-extended low adult 0.00.

September 1960

Caution: women at work

The times Gordie Howe became the highest scorer in the NHL's history, Quebec's Quiet Revolution was under way, and birth control became widely available. **Target audience** Working women. "Having it all" is considered a pipe dream in 2016, but in 1960, all it took to balance home life and a career was a little "planning and self-analysis," according to *Chatelaine* writer Sheila Ward. In an article titled "Going Back to Work," she provided advice to housewives on landing a job, office conduct and grooming, warning them that employers were "not going to buy any pig in a poke." Ward advised women to scrutinize themselves in a full-length mirror before interviews to be sure they hadn't "gone to seed." Helpfully, the fashion pages of the same issue (above) offered tips on workplace dressing: Avoid sheer blouses, opt for chic but not fussy hats, and don't forget to wear immaculate slip-on gloves. — Katie Underwood



"Dos and Don'ts of Dressing for the Job" by Vivian Wilcox

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